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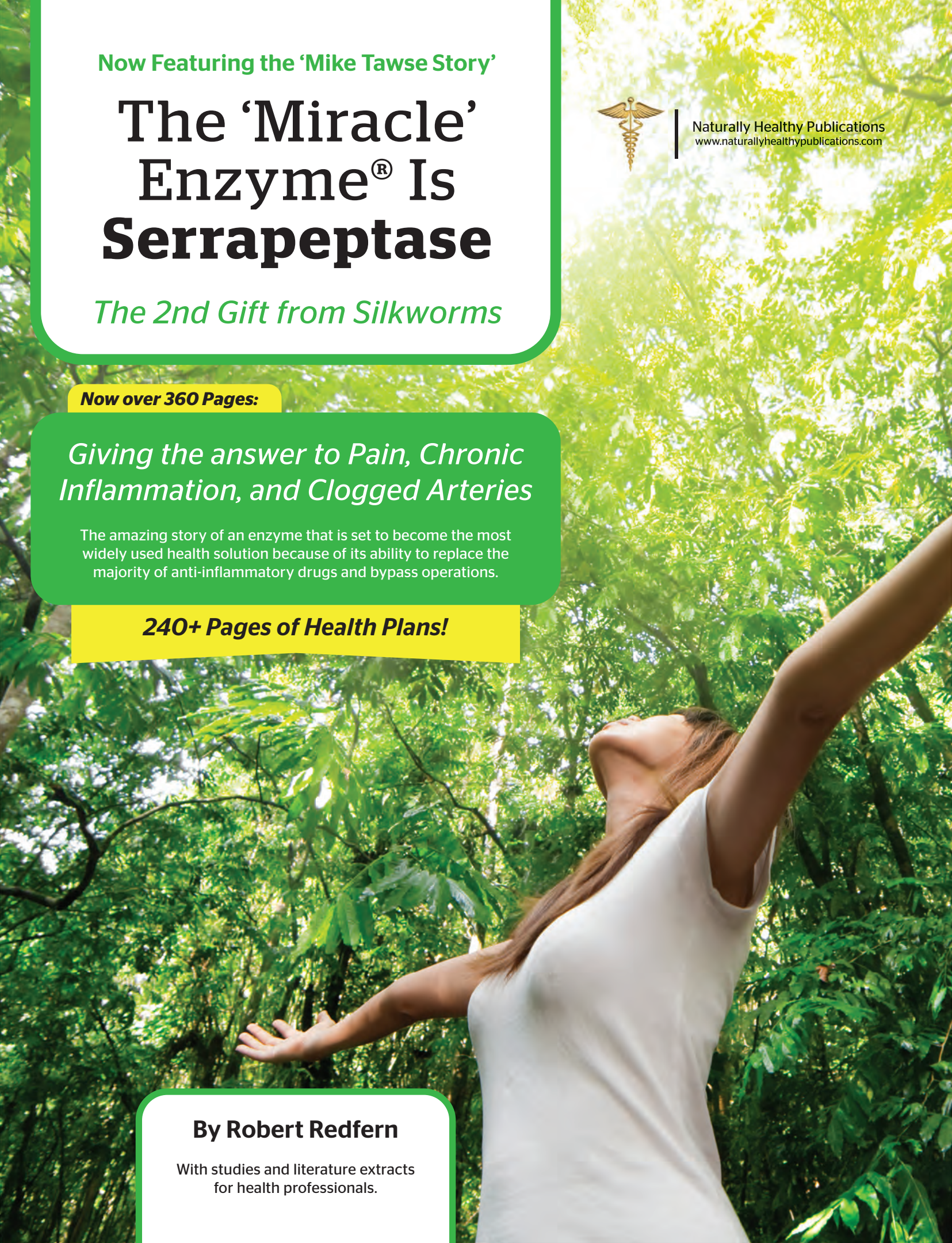

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Should the need for one be indicated, please consult a health professional and qualify them by asking, "Do you believe that healthy recovery plans will only ultimately succeed with the inclusion of enzymes and nutrition as part of those plans?"

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The 'Miracle' Enzyme® Is Serrapeptase, The 2nd Gift from Silkworms: *Giving the answer to Pain, Inflammation, and Clear Arteries*

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Foreword

My book is about enzymes, one of the prime ingredients for the basic biology of life and therefore health.

I am Robert Redfern, a Nutrition Researcher, and I have written this book to publicise a substance that may help you to recover from serious diseases and restore your good health. The stars of this book are called *enzymes*, also known as active proteins. The Super Star Enzyme, which is discussed in detail later, is called **Serrapeptase.**

Enzymes are proteins that are the catalyst for life. Without them life (and therefore health) would not exist as we know it. Even Oxygen needs enzymes to be released into the atmosphere. Their importance to health cannot be overestimated and you are going to learn that they are the prime tools in regaining health from the majority of health problems. Without proper and appropriate enzyme activity, there can be no return to health. This is recognised by every medical doctor and is well known to those that use them as the front line in health care.

Enzymes are used in every facet of industry: making beer, cheese, leather, sauerkraut, fermented soy products like miso and tempeh, food processing, and in many chemical processes. Even in the medical business, enzymes and enzyme activity are used in the analysis and manufacturing process.

- **Fact: Only enzymes, nutrition, and lifestyle provide Health Care.**

- **Fact: Drugs only ever provide Disease Management.**

The problem comes when enzymes are put forward for therapy and to replace patented drugs. Enzymes as a primary treatment are only ignored because they negate the need for the majority of expensive patented drugs and this is against the interests of the medical/pharmaceutical business (more about this later). The medical/pharmaceutical business controls what treatments doctors are allowed to prescribe, using powerful marketing and, sometimes, downright intimidation. This is not a book to 'knock doctors'; they are caught between the devil and the deep blue sea. I personally know of many doctors who prescribe enzymes and nutrients for health recovery, but they only do it quietly to avoid trouble from the medical/pharmaceutical business. The rest may succumb to the expensive marketing and also pressure from patients who are impressed by the press release promising the next 'Wonder Drug'.

In this book, we are going to look at a range of plant-derived enzymes (although animal-derived enzymes may have some lesser benefit). Plant-derived enzymes are the type that work best in humans, according to the last 100 years of studies. There are a number of enzymes found in living plants and three basic types are:

- **Protease (Proteolytic) – will digest differing types of proteins.**
- **Amylase (Amilolytic) – will digest starches.**
- **Lipase (Lipolytic) – will digest fats.**

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About the Author

Robert Redfern (born January 1946) has helped hundreds of thousands of people in over 24 countries through online health support websites, books, radio/TV interviews, and his nutritional discoveries. His new series of books brings this work together in an easy-to-read format that everyone can follow to help resolve their chronic health problem – once and for all.

Robert's interest in health started when he and his wife Anne decided to take charge of their family's health in the late 1980s. Up until 1986, Robert had not taken much notice of his health – in spite of Anne's loving persuasion. It took the premature death of his parents, Alfred and Marjorie, who died in their sixties, to shock Robert into evaluating his priorities.

Robert and Anne researched the benefits of acupuncture and together developed the HealthPoint™, the world's foremost electronic acupressure device. This was based upon the electronic waveform research of Dr. Julian Kenyon MD. This has become the Gold Standard Electro-Acupressure device and is now successfully used by tens of thousands of users throughout the world and in many UK hospitals by Physiotherapists.

Robert and Anne looked at the whole field of health, available treatments and the causes of health problems. They found, from doctors researching the causes of disease, that lifestyle and diet were the most important contributions to health. Robert and Anne changed their lifestyle and diet and, together with the use of **HealthPoint™** acupressure, the improvement to their health was remarkable.

As well as good health, they feel and look younger and more energetic than all those years ago – before they started their plan. At the time of printing, Robert, aged 68, and Anne have every intention of continuing to be well and looking younger, using their unique understanding of Natural Health.

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Enzymes have been a major part of their life for nearly ten years after reading a book by Dr. Edward Howell, *Enzyme Nutrition, The Food Enzyme Concept*. This filled in some of the gaps as to why just taking nutrition did not give the full benefit for everyone.

Over the past 20 years, tens of thousands of people have followed the plans and the majority that stayed with the program have reaped tremendous benefit.

This book shows you how to resolve most of the common diseases using enzymes and other lifestyle changes. To the extent that you follow them, you will be amazed how healthy you can become.

Take good care of yourselves.

Robert Redfern

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Serrapeptase

The New Wonder Enzyme?

This 'rising star' enzyme is relatively new on the scene (only forty years of studies and use by doctors in Europe and Asia), but Serrapeptase is set to become the biggest star of all time, as you will soon find out.

Serrapeptase – a Protease Type Enzyme that stops inflammation and dissolves non-vital tissue.

As an anti-inflammatory, nothing surpasses the ability of Serrapeptase to safely stop inappropriate inflammation in its tracks. No matter the cause or the location (it even crosses the blood-brain barrier), Serrapeptase gets to work stopping the inflammation. If that is not enough, it has the ability to dissolve any dead or non-living tissue that may be gumming up the works, particularly mucus and inflammation associated with pain.

Over the past forty years, studies and practitioners' observations have shown benefits in a huge range of conditions, including: Arthritis; Inflammatory Migraines/Headaches; Chest Problems such as Bronchitis, Asthma, and Bronchiectasis; Blocked Arteries; Fibrocystic Breast Disease; Breast Engorgement, and Cancers. New studies show even Alzheimer's may be helped.

The book is in two sections:

1. The first part of this guide explains how enzymes, and particularly **Serrapeptase enzymes**, work and gives you the information you need to understand why it will work for your condition.

2. The second part shows you a clear action plan to purge disease from your body, prevent its return, and maintain **Health & Fitness For Life.**

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1. INTRODUCTION:

a. Enzymes, what are they?

Enzymes are catalysts and are made out of amino acids by RNA (RiboNucleic Acid), which is made by DNA (DeoxyriboNucleic Acid). Some people call them 'active proteins'. This activity means they make things happen. (Imagine a factory with lots of equipment and raw materials; nothing much happens without workers to make it all happen. These workers are your enzymes—look after them, and they will do a great job.) Enzymes need a specific temperature and pH (measure of acidity/alkalinity) to perform their work. Enzymes from plants work best at the human body's temperature and pH. They are essential in every function of growth, repair, and therefore health of every living cell in your body.

> *"Without Sufficient Enzymes (and Co-Enzymes), There Can Be No Life and Health."*
>
> - Robert Redfern

b. What do they do?

> *"Digest, Build, Repair, Clean Up"*

Thousands of enzymes are working every second to build and regenerate our body. They are constantly being converted or produced in our body and depend upon good living nutrition to keep ahead of daily damage and degeneration. They do need help in this job, and this essential help comes from Co-Enzymes. These are critical vitamins and minerals such as Vitamin B12. Even a small deficiency in B12 results in disease. This becomes such a problem with elderly people on poor diets that they at times need injections.

Another Co-Enzyme, Zinc, is needed by about 80 enzyme activities, not to mention the famous Co-Enzyme Q10. Without enzymes and co-enzymes, there would be no living thing as we know it. Grass, Trees, Insects, Germs, Animals, and Humans all depend on enzymes to sustain growth and health. In a nutshell:

There are 3 types of enzymes:

1. **Food/Digestive enzymes -** These take the basic building blocks delivered by food we eat and convert it to colloidal particles (the smallest particles that exist in a free state) that can be converted into healthy living tissue.
2. **Metabolic enzymes -** Metabolic enzymes use these colloids to keep all of our organs and tissues functioning with hundreds of diverse chemical activities, repairing body organs and fighting disease. Our body's ability to stay healthy, to repair tissue when injured, and to protect us from disease is directly related to the quality and number of enzymes, coenzymes, and nutritious food.
3. **Clean-Up Enzymes -** These third types are not really a separate group, but are the enzymes for the last job on the line, clearing up. They are responsible for cleaning up and eliminating the mess that is left in our body from the construction and repair work that is in operation 24/7. These clean-up enzymes clear our bodies of the undigested carbohydrates, proteins, and non-vital tissue floating around. Their other vital job is to provide anti-inflammatory enzymes to fight infections and tissue damage.

These Enzymes act in specific jobs such as:

1. **Digesting food.**
2. **Breaking down toxins.**
3. **Cleansing the blood.**
4. **Supporting the immune system.**
5. **Converting protein into muscle.**
6. **Contracting muscles.**
7. **Eliminating carbon dioxide from the lungs.**
8. **Supporting the pancreas and other vital organs.**

Enzymes are the workers in your body - they carry out every chemical reaction. To have a healthy body, you need both workers (enzymes) and building materials. The building materials are proteins (amino acids), minerals, and vitamins. All of these are necessary to build a healthy body. Trying to function without all the necessary enzymes is the reason for most body malfunctions.

There are seven categories of food enzymes:

1. **Lipase to break down fat.**
2. **Protease to break down protein.**
3. **Cellulase to break down fibres.**
4. **Amylase to break down starch.**
5. **Lactase to break down dairy foods.**
6. **Sucrase to break down sugars.**
7. **Maltase to break down grains.**

There are two ways to preserve and replenish our enzyme levels:

1. **Eating living foods and food supplements.**
2. **Taking enzyme supplements.**

c. Where do they come from?

On a daily basis, they are ingested in unprocessed, raw or lightly cooked food (called Exogenous or Food Enzymes); they are also produced or converted by other enzymes inside the body (endogenous, meaning inside-created). Some have a long life (weeks), and some have a short life (minutes). This explains the obvious need for a daily intake of enzymes that are alive (meaning, not microwaved, cooked, or processed until enzyme death, as in pasteurised milk) and foods such as vegetables, fruits, raw or lightly cooked fish, meats, and sprouted seeds and beans. **Studies show that a 70-year-old has only 20% of the enzymes found in the body of a 20-year-old.** This is a major part of the cause of age-related diseases and is easy to correct with better food and supplementation.

d. Have they any scientific studies?

Enzymes have been studied probably more than any other facet of life and health over the past 100 years. In 1930, only 80 enzymes were known. By 2000, 3,000 enzymes had been researched and discovered. There are literally thousands of studies on enzymes' contribution to life and health. Rheumatoid Arthritis, Cancer, and Lung diseases all have studies showing enzyme therapy to be the most successful prime treatment. See the appendix for lists of studies.

e. Are they safe?

In studies equivalent to a human taking thousands of tablets, no side effects were shown. Only Haemophilia patients would need to take enzymes under supervision.

f. Why do doctors not prescribe them?

Many do. There are many doctors who have changed completely and now practise health care (Lifestyle and Nutrition) as opposed to disease management (drugs and surgery). They are unfortunately a tiny minority; the majority of doctors will only practise 'health care' when the system is taken out from the control of the medical/pharmaceutical business that only can see profit in disease management.

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2. Serrapeptase - A Powerful Proteolytic Enzyme

a. Overview

> *"Serrapeptase may become the most widely used nutritional supplement of all time because of its effectiveness with such a wide range of conditions."*
>
> - Robert Redfern

The 2nd Gift from Silkworms – Serrapeptase.

Serrapeptase has had wide clinical use, spanning over forty years throughout Europe and Asia, as a viable alternative to aspirin (salicylates), Ibuprofen, and the more potent NSAIDs. Unlike these drugs, Serrapeptase is a naturally occurring protease enzyme agent with no inhibitory effects on prostaglandins and is devoid of gastrointestinal side effects.

What type of enzyme is it?

Serrapeptase is a natural, anti-inflammatory enzyme that is produced commercially by growing the microorganism Serriata E15 on plant material. This enzyme is special because it has widespread clinical use, spanning more than 25 years throughout Europe and Asia. Many reputable physicians consider Serrapeptase to be a viable alternative to harsher salicylates, ibuprofen, and NSAIDs.

This enzyme is produced commercially today through fermentation but was originally found in the silkworm intestine. The Silkworm uses it for instantly dissolving the hard cocoon to allow the moth to escape and fly away. It also uses it to help digest the tough mulberry leaves that it feeds on. This truly is the second gift from the Silkworm.

b. The Uses

Serrapeptase dissolves non-living tissue, blood clots, cysts, arterial plaque, and inflammation as part of a lifestyle plan. The uses are wide-ranging and cover just about every condition that is affected by inflammation and or non-living tissue. Every few months or so, another story is related by a doctor/practitioner/user of another condition it has helped.

c. The Science and the Studies

This can be quite tedious for the average reader, who just really wants to know what it can do for their health problem. We have relegated this section to the appendix on **page 356.**

d. The Reports from Users and Practitioners

Dennis Gore, Pharmacist and Broadcaster.

Dennis is a regular broadcaster on BBC GMR, Radio Merseyside, and Radio Lancashire. He has a very busy pharmacy practice in Prestwich and is in great demand throughout the UK and Ireland as a speaker on health issues.

When did you first come across Serrapeptase?

"I basically met Serrapeptase in about March 2002 as a result of the publicity surrounding the good results people were getting and the fact that it was available on prescription from Doctors in Germany and other European countries.

I researched it and found out that it was an enzyme made by a bacterium and was originally found in the Silkworm.

The Silkworm uses the enzymes to help digest the tough Mulberry leaves it lives on, and spectacularly, it uses it to instantly dissolve a large hole in the super hard wall of the cocoon it lives in. The silkworm moth then emerges quickly and escapes before predators can devour it. I found out that scientists in about 1970 started to culture this enzyme in the laboratory by feeding it a protein. The results were a dry white, tasteless powder that contains the Serrapeptase Enzymes. They then did some exploration research by giving it to animals and eventually humans. They found it was perfectly safe, with no side effects and so they set up properly conducted double blind studies. These showed that as well as getting rid of chronic inflammation, they would also dissolve non-vital protein material. I read about Dr. Hans Napier's results with cleared blocked arteries and preventing the need for by-pass operations. I read studies from around the world where mucus and catarrh could be cleared very easily, swelling and trauma recovery and even non-cancerous breast cysts. In fact, after mentioning this on my radio program, a lady telephoned me from Southport and reported that after using this for breast cysts, her doctors had given her the all clear."

"The first dramatic effect that I experienced was with a man in his 60's who had been a heavy smoker for many years. His wife wheeled him from a special van and into my pharmacy. He was very breathless in his voice and was difficult to understand because he has emphysema and chronic obstructive pulmonary disease (COPD).

These are considered to be irreversible damage to the linings of the lungs usually caused by smoking or toxic environments. Whereas, asthma may be considered reversible, COPD is an irreversible disease. Normally with this, the only thing we can do is to relieve or help, with say an oxygen tank or sprays to open the airways, or steroid sprays that help to stop inflammation. This man said he had heard me on the BBC Radio Program talking about the studies, saying that it had helped to maintain the airways of people with breathing problems by helping to break down the damaged tissue that had built up over their lifetime, whether due to smoking or things like working with chemicals. He told me he was on sprays, on oxygen, and on antibiotics every two weeks as he was always getting bad infections; breathlessly, he told me he wanted to try Serrapeptase. To begin with, he took two tablets on an empty stomach, four times per day. Later, he reduced to four capsules per day, and finally, as maintenance, he reduced to a couple per day.

> *"He started to feel so much better and he was no longer on antibiotics, no longer on oxygen cylinders and he was no longer using his spray."*
>
> - Dennis Gore

Three weeks later the door opened, and this man, who I had only met once sitting in a wheelchair (just one of the daily faces in my practice), walked in and said in a completely clear voice, with no breathlessness, "Do you remember me? I was in three weeks ago with my wife." I had to apologise that I see so many people and could he remind me. He then reminded me that he was the person with emphysema, and this six foot tall person who had been in a wheelchair previously, had marched out of his van, no wife with him, no wheelchair with him, and spoke to me in a clear voice. He told me that in the early days so much rubbish was coming up that he thought his lungs might be disintegrating, but he soon realised that it was a big clearout underway. He started to feel so much better, and he was no longer on antibiotics, no longer on oxygen cylinders, and he was no longer using his sprays. He was still smoking, and he had booked a holiday to go to Benidorm, in Spain in March 2002. He is still a regular visitor to the shop to get supplies; he brings other people along, he buttonholes other people in the shop and praises Serrapeptase if he hears them ask about it. He is still so thrilled after two years of feeling good.

This story related on the radio has given many people encouragement, who have gone onto the programme themselves and been given a much better quality of life than they thought possible. Many of these who are smokers, and at that point have only a chesty cough, do not realise how it can easily develop into COPD and by taking the Serrapeptase are keeping it at bay. There are many chemicals and toxins in the smoke. Their quality of life, and possibly their life, is in the balance (40% of all deaths are from lung diseases). Support from your pharmacist with nicotine patches and Serrapeptase may change those outcomes.

I mentioned before the world famous heart surgeon, Dr. Hans Napier from Germany who died in 1998. He presented to a press conference in Germany the results of his work treating people who had blocked arteries using the enzyme Serrapeptase. He reported that he was able to cancel the operations for double, triple, and even quadruple bypasses. He presented two former gymnasts who in their 70s were scheduled for bypass operations, suffering from cardiovascular disease, as they could 'hardly walk across the room'.

He reported that he was able to cancel, because their arteries were now clear. To make the point, the gymnasts proceeded to do cartwheels across the floor in front of the journalist.

I have no doubt this was a success because of combining Serrapeptase with lifestyle changes."

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"When I related this information on the radio, many people started to take it for that. Three gentlemen, all scheduled for by-pass operations within a few months, contacted me to tell me their stories; one 69-year-old Morecambe man, one 74-year-old Chadderton man, and the other Rochdale man was also in his seventies. All three have been reporting back to me over the past two years, and all three have had their bypass operations cancelled by their specialists, who could find no symptom that would warrant an operation. Just taking 2-3 doses per day of the Serrapeptase appeared to have cleared their arteries and reduced their Angina manifestations and left them very delighted gentlemen.

The gentleman from Chadderton has now had his second appointment with his Specialist and again been given the all-clear. That makes it two years in total. He is delighted to be able to travel and told me recently he was on his regular trip 200 miles south to play flat green bowling, which is not available here in the north. He is now delighted to be able to drive south with his wife and bowl for 10 hours.

> *"Just taking 2-3 doses per day of the Serrapeptase appeared to have cleared their arteries and reduced their Angina manifestations and left them very delighted gentlemen."*
>
> - Dennis Gore

One of the many wonderful benefits is to people with phlegm, catarrh, and mucus problems. I have been selling for about forty years as a pharmacist a whole range of well-known products and sprays for relieving sinus and other congestion. They do work, but when the person stops, they can get what we call a rebound effect that means it can come back again with a vengeance. With the Serrapeptase, it is working in a different way and making the mucus material both in the sinuses and the back of the throat, with the lungs and especially with asthma, much thinner, which allows the body to dissolve it out quickly. It also stops the inflammation that is often the cause of the mucus and so it stops it recurring, giving a wonderful improvement to their lives and from such a natural product.

It really has been a wonderful experience for me as a pharmacist to be able to offer a working alternative when the traditional pharmaceutical route is not giving adequate relief -- especially when that alternate is proven in studies and already accepted by the medical establishment in many western countries. I can only see the use of this expanding as new uses arise nearly every month or so. "

Dennis Gore, Aug. 2004

The following reports on professional uses were researched, interviewed, and written by writer Jenny Pulling:

Dr. Simon Norton - Epsom Chiropractic Clinic

Dr. Simon Norton, who headed the Epsom Chiropractic Clinic, is delighted with the results: "It has greatly improved the quality of many of my patients' lives."

Varicose Veins

"I've prescribed Serrapeptase for those with varicose veins on their legs that looked like a bunch of grapes. After a few months, they've returned with scarcely any sign of disfigurement."

Headaches

"I had another patient with an obstinate frontal headache due to mucus in the sinuses. He had suffered with it for years. After three days on Serrapeptase, he called me to say that the pain was disappearing and he could feel the dispersed mucus running down his throat. "

> *"Practitioners are discovering the myriad uses of Serrapeptase."*
>
> - Jenny Pulling

Lungs

"It has helped smokers too. When they cough up a lot of stuff, it is likely to persuade them of the damage they are doing to their health if they continue to smoke."

Nephritis

Dr. Norton cites the case of another patient who was suffering from chronic nephritis, necessitating high dose steroids. "She was told she would die if she didn't take them and had given up all hope of having children," he said. "She came to me because she wanted to reduce the strength of the steroids; Serrapeptase is a powerful anti-inflammatory without side effects. As a result of taking it, her steroid dosage is reduced from 30 m to 5 m, and she is planning a family."

Adhesions

The saying 'physician heal thyself' couldn't be truer in Dr. Norton's case. He has used the enzyme for himself and members of his family with excellent results. "My son had to undergo major surgery for leg lengthening that resulted in painful adhesions. I used chiropractic techniques to work on his legs for eight years, but the condition remained. Then we tried Serrapeptase. I was amazed when, after a few months, these adhesions vanished."

> *"It has greatly improved the quality of many of my patients' lives. I've prescribed Serrapeptase for those with varicose veins on their legs which looked like a bunch of grapes. After a few months, they've returned with scarcely any sign of disfigurement."*
>
> - Dr. Simon Norton

Tennis Elbow

Chiropractics is a physically demanding profession; practitioners often develop 'tennis elbow'. It is a very painful condition, as Dr. Norton knows, but, again, Serrapeptase came to the rescue. Rheumatoid arthritis also responds to this therapy, keeping pain under control. Dr. Norton is also surprised by the speed with which the enzyme appears to work. "Chelation therapy time has been reduced from three years to one, and I've had patients who were huffing and puffing, playing bowls in a remarkably short time." The clinic's approach is a holistic one. It aims to encourage people to build their health by making life style changes and using appropriate supplements. The silkworm's secret has yielded a very useful one.

> ***"I used it for 20 days, and I have no back pain left from arthritis and am very impressed."***
>
> - Christine, 2009

Nurse Tranter Practice

Since Nurse Linda Tranter opened her own Natural Health Practice in Gateshead, she has never looked back. Helping people back to health is what she always felt was her calling. At a recent conference, a colleague recommended an enzyme that has been getting much publicity recently, called Serrapeptase.

This enzyme was found being used by the Silkworm to dissolve its way out of the rock hard cocoon in seconds. Scientists took this enzyme, and after growing it in vegetable matter, have found it to be the perfect anti-inflammatory and to get rid of dead tissue in the body. The colleague who recommended it had great success and, although Linda was initially sceptical, she has now tried it both on herself and on a great number of patients. She and they find the results are quite astounding.

"It is so good. Everyone should be taking Serrapeptase," says Linda. "I prescribe it for a number of health problems, and the results I see speak for themselves. One woman had suffered all her life from lumpy breasts. After taking Serrapeptase for three months, her latest mammogram revealed the cystic lumps had reduced from nine to one."

Linda, a qualified hospital nurse, wishes consultants would be less non-committal. "Its not all in the mind," agreed a young woman solicitor who stopped practising because of chronic fatigue syndrome.

"I feel a different woman," she told Linda, after 10 weeks on the enzyme. "I'm taking it on honeymoon with me," another client who suffered from candida announced. "I can't live without it now."

> *"After taking Serrapeptase for three months, her latest mammogram revealed the cystic lumps had reduced from nine to one."*
>
> - Nurse Linda Tranter

An advocate of a clean, healthy colon, Linda believes many of our ills are due to clogging our systems with sticky carbohydrates. Serrapeptase acts as a detoxing agent and reduces pain. "Clients with IBS suddenly realize they haven't grumbled for weeks," Linda confirms. "It's uphill work convincing people," says the bubbly therapist. She regrets clients are developing health problems at a younger age, often due to diet. "People find talk about enzymes difficult to accept. They're used to the instant fix of antibiotics. I tell them they'll need two tubs of Serrapeptase before they see results." And Linda has great news for men who are concerned with developing prostate trouble. "I had one client who was distressed because it took him ages to pass the smallest amount of urine," she said. "I suggested he took Serrapeptase, and he agreed to give the enzyme a try. He called me recently, delighted with the results. 'I've only taken two tubs and... well.... its working!'"

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"Clients with IBS suddenly realize they haven't grumbled for weeks."

- Nurse Linda Tranter

Varicose veins, parasites; the one-time sceptic is enthusiastic about the healing properties of the silkworm's secret. "I am monitoring its effects and writing my own paper," she said. "Personally, I've taken Serrapeptase for five months, and I feel fantastic."

"[After taking serrapeptase for Gastroesophageal Reflux Disease (GERD)]... just to let you know the reflux has totally disappeared."

- Yasmin, 2010

David Snow - Acupuncturist

"Of course, we've known it for years," says practitioner David Snow. "Good nutrition and a healthy life style are the foundations of health. 'Detox' may have become a buzzword, but it has been part of naturopath philosophy for a long, long time."

"I am an acupuncturist and not formally trained in nutrition, but I can and do make suggestions of supplements, dietary and lifestyle changes where they seem appropriate. I'm always interested to hear of therapies and supplements my clients have used to good effect."

"I'm interested to hear that Germany is taking Serrapeptase very seriously as a supplement in the treatment of heart and regenerative disease."

- Practitioner David Snow

Yoga teacher does headstands again - thanks to Serrapeptase.

"Serrapeptase came to my notice recently while I was treating a 68-year-old yoga teacher. She is a very active woman, but suffers from neck and back pain that adversely affects her life." David uses Acupuncture or Electronic Acupressure (HealthPoint™) to keep everything moving. He was interested, however, when she told him she took Serrapeptase, finding it a powerful anti-inflammatory that really helped control the pain. "'The pain returns the moment I stop using it,' she told me."

Breast Cysts

"I was also interested to hear that both the cysts in her breast, which she has had drained, and a cyst in her eye, have not returned."

Heart Disease

"I'm interested to hear that Germany is taking Serrapeptase very seriously as a supplement in the treatment of heart and regenerative disease." David is based in Sheffield and works holistically, even where the surroundings of his clients are concerned. A trained Feng Shui practitioner and a dowser, he will visit people in their homes if a condition is obstinate in clearing up. "My advice generally is to look into your life style and diet and see how specific supplements like Serrapeptase may help."

"I just wanted to let you know that I have my results from my ultrasound on my Carotid arteries. The left is now completely clear from 48% blocked, and the right has a small visible amount about 5% to 10% from 50% blocked. From something that cannot be reversed, good old Serrapeptase has done the trick."

- Harold I., Australia, 2007

Janet Spence - Naturopath, Solihull Clinic

Naturopath Janet Spence is yet another practitioner whose satisfaction with Serrapeptase has prompted her to take it herself. "This is a wide spectrum nutrient," she says. "Rather like vitamin C therapy or aspirin, it is multi functional." Her treatment method usually begins with a cleansing and detox-programme. To this she will add amino acids and liver support. She then prescribes supplements and nutrients indicated for particular health problems.

"I use Serrapeptase for pain control as it is a powerful anti-inflammatory, thus reducing or even eliminating the use of steroids. Currently, I am monitoring its use in controlling high levels of the 'wrong' kind of cholesterol. As a nutrient, it seems well accepted; none of my patients appear to have suffered any side effects even when on very high doses."

"I put her onto Serrapeptase and other anti coagulants. Her GP is happy for us to be doing this as there is no other drug he can use."

- Janet Spence, Naturopath

Ms. Spence is enthusiastic about the role of Serrapeptase in treating venous conditions. The problem of blood clots after air travel has been in the news over past months. "I'm prescribing Serrapeptase to patients who are planning a long haul flight. They take it two months before departure and another two months on their return. Some of my elderly patients like to stay on a low dose all the time, rather like those who take a continual low aspirin dose.

"The anti coagulant drug Warfarin is not well supported by some people. That presents a dilemma, as they may be suffering from high blood pressure and run the risk of thrombosis." Ms. Spence is pleased with the progress of one such patient. "Warfarin was killing her when she came to consult me. I put her onto Serrapeptase and other anti coagulants. Her GP is happy for us to be doing this, as there is no other drug he can use. I find this very encouraging and am now monitoring its use in the treatment of varicose veins. "

"I took two courses of Serrapeptase two years ago. Recently, I visited the heart specialist for my three-yearly (cycle machine) test.

He was astounded at the improvement. My heart pressure was 111/68 (down from over 130). I am 30% fitter than three years ago and 20% fitter than men of my age (70 years)."

- John M., 2007

Anthony Edwards, Doctor of Acupuncture and Chelation/Ozone Specialist, Newport Clinic of Alternative Medicine, Shropshire

"I have been getting good overall results with Serrapeptase on my patients and even myself, but one patient has exceeded expectations. He had suffered severe agonising gout for the past nine years and just about tried everything. Within three weeks of taking Serrapeptase, it has completely gone and created a very happy patient."

"I ordered Serrapeptase after it was recommended by a relative; my husband has suffered with extreme pain for 18 months with gallstones and severe pain after eating.

It was recommended that he have his gallbladder removed, but we were so reluctant to go down this route. I browsed the Internet for alternative remedies and decided to search natural remedies; well, when my relative suggested Serrapeptase, I decided to research this product. I was so impressed with the testimonials, I decided to order some and give it a go as we were really desperate, and my husband was in so much pain.

Although it is early days, only three days taking the Serrapeptase, he has had two completely pain-free days and is feeling so much better - and no longer scared to eat. We are excited and hopeful."

- Lynette, 2012

"I have just received my order of serrapeptase, thank you. It has come so quickly I would like to tell you of my experience. Having been diagnosed with angina, I decided to take Serrapeptase, which I discovered by looking on line for alternative treatment and found it worked very well for me from being breathless and suffering pain when doing the smallest thing.

I now hardly notice my problem. I am 75 years old and still ride my bike, go swimming, and exercise in the gym. Recently, due to finance and probably not considering myself because my husband has been ill with cancer, I stopped taking the serrapeptase for about 9 months. I have gradually noticed a return of symptoms, so I was very relieved to see my package arrive this morning and am looking forward to a return to my good health."

- Hilda P., UK, 2011

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SERRAPEPTASE USERS' CASE STUDIES

The following users of Serrapeptase are very happy to share their success with others.

Interviewed by Jenny Pulling.

MS Multiple Sclerosis - Maureen Rooney

Not so long ago, Mrs. Maureen Rooney threaded a needle and sewed on a button. "So what?" I hear you say. In fact, this was a huge achievement in her 16-year battle against MS. It has involved years of dedication to a health regime. Every week, Mrs. Rooney undergoes hyperbaric oxygen treatment; she uses a Chi machine daily. But it was her discovery of Serrapeptase that has made a dramatic difference to her life.

> *"I now feel brilliant. Everything has improved. Since last June, I have had no relapses. The tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved and, what is perhaps best of all, the old confident pre-MS me has returned."*
>
> - Maureen Rooney

Says Mrs. Rooney: "My MS follows a pattern of relapses and remissions. During the relapses, I suffered double vision, stiffness, numbness, loss of balance, loss of bladder control, impaired use of my arms and legs, fatigue, poor concentration, loss of memory, and depression. During one of the relapses, in June 2003, I started to take Serrapeptase.

At that time, I was concerned about one of my little fingers. It had turned white and was curling backward. I was terrified believing it was on its way out. When you have a terrible disease like this, you will try anything. I started taking Serrapeptase, nine tablets a day. It has been a Godsend. Within five days, my finger was back to normal.

I now feel brilliant. Everything has improved. Since last June, I have had no relapses; the tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved, and what is perhaps best of all, the old confident pre-MS me has returned. Of course, I get tired, but this is because I stretch myself, relying on my newfound energy. I know I am not cured, but the condition is hardly noticeable, so much so that I consider I have not got MS at present. I no longer need the hyperbaric treatments and have given up my slot in favour of someone who needs it. Recently, I went out for a social evening, and where normally I would have to leave within 30-60 minutes, this time my son had to drag me away hours later as I was enjoying myself so much.

My faith is the backbone of my recovery, and I thank God for the little silkworm."

> ***"I have to say thanks for giving me some advice with the Serrapeptase [for multiple sclerosis]. I do want to say love the changes we have been noticing since we have been taking it. Anyhow, thank you again."***
>
> - Raechel, 2012

Arthritis and Cholesterol - Mrs. Eileen Malon

Walking was agony for Mrs. Malone. The arthritis in her knee was so severe, and none of the many prescribed medicines she tried had any lasting benefit. By chance, she tuned into Dennis the Chemist on her local radio station and heard the name Serrapeptase for the first time. "Worth a try," she told herself.

"I'm so glad I heard that programme. I bought myself a tub, and after two weeks, the pain lessened. Then I ran out of it, and the pain returned. I've been on it ever since. I take two in the morning and two in the evening, and it has definitely helped me.

Recently, I went for blood tests because I am anaemic, and it appears that both my blood count and cholesterol levels have improved, so maybe Serrapeptase has given me other benefits. I tell everyone about it, and I just know I'll go on taking it forever."

> *"I'm so glad I heard that programme. I bought myself a tub, and after two weeks the pain lessened."*
>
> - Eileen Malone

"I have been using Serrapeptase for about 1 month with excellent results. I have purchased it for my adult children, 3, all with arthritic pain."

- Linda P., 2010

Cysts and Cardiovascular Disease - Mr. and Mrs. Jones, North Wales

The couple are spiritual healers and have helped many people with health problems in the course of their work. One of their clients is over 80 years old, who suffered a stroke some time ago. The Joneses suggested she try Serrapeptase as an aid to clearing the arteries, and sure enough, her walking ability improved.

Mrs. Jones adds: "We were amazed by its power in dispersing two cysts, one on her back and one on her breast After only three bottles of Serrapeptase, the one on her back has completely disappeared, while the one on her breast is shrinking. She says she feels wonderful!"

The Joneses have had their own positive experience with the silkworm's secret. About three years ago, Mr. Jones had a bad fall. Conscious of his recent hip replacement, he took the full impact on his left shoulder, which left him in terrible pain.

Mrs. Jones takes up the story: "We were going on a coach holiday to Slovenia when this pain really flared up. The doctor prescribed an anti inflammatory, but the side effects were disastrous and my husband stopped taking them."

Returning to another doctor for a cortisone injection, Mr. Jones was told that the problem was not in his shoulder but his arm. At that point, the couple read about Serrapeptase.

> *"We were amazed by its power in dispersing two cysts, one on her back and one on her breast."*
>
> - Mr. and Mrs. Jones

"I said to my husband, I'm going to send off for those; I'd rather have £60 less holiday money if you can be pain free. He started taking them 3 weeks before our holiday, and the happy ending is that the pain went away and never came back. Now he can swing his arms above his head!"

Having proved for themselves the efficacy of Serrapeptase, Mr. and Mrs. Jones often suggest it to their clients. And Mrs. Jones is an advocate of the low carbohydrate diet prescribed by Robert Redfern. "It's brought my diabetic sugar levels back to normal," she smiles. "It's amazing!"

"I have been successfully using Serrapeptase since my heart bypass operation in 2005. Regularly, I undergo check ups, and so far, my arteries are perfectly clean to such a point that the Cardiologist has reduced my medication! THANK YOU so much!"

- Antonio D., 2011

Chronic Cough - S.T., Doncaster

Mrs. T's persistent cough and colds made her life a misery. She just couldn't shake them off. Preferring 'natural' medicines wherever possible, she favours homeopathy and bio salts.

> *"It also helped another friend with severe cystitis. It is amazing that such a simple remedy should be so effective."*
>
> - S. T.

"Orthodox drugs often have unwanted side effects," she says. "That's why I was interested when someone told me about Serrapeptase. To be honest, I am delighted with it. If I have a cold or a chesty cough, I find it's completely gone in a couple of days. "

"I was interested to learn about its action in dissolving scar tissue and recommended it to a friend who had been suffering with the dreadful pain of sciatica for a long time. It also helped another friend with severe cystitis. It is amazing that such a simple remedy should be so effective."

"I am a previous smoker and also diabetic. Serrapeptase is wonderful stuff! My chest no longer feels tight, and my lungs feel better."

- Mr. Turnbull, 2009

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Wegener's Granulomatosis - S. Varah, Sheffield

"I suffer from a condition called Wegener's Granulomatosis. Wegener's Granulomatosis is a rare form of vasculitis, or inflammation of the blood vessels, that begins in the respiratory system. In this case, the antibodies actually attack the immune system's own white blood cells, causing inflammation of the blood vessels and inflamed tumour-like masses called granulomas that interfere with blood flow.

My problem is a build up of tissue in my throat just below my vocal chords that threatens to choke me. This is especially in the winter when I get a mucus buildup that further threatens to choke me when I try to cough it up.

Up until now, I have had to attend hospital to have this build-up cut away with a laser every 2-6 months. A year ago, I had an operation and immediately afterwards I found Serrapeptase. Although suffering from poor health at that time, the Serrapeptase seems to have reduced the scar tissue and avoided the need for another operation or tracheostomy.

> *"...I got the results of an MRI scan that showed the scar tissue had not returned, and I am absolutely thrilled."*
>
> - S. Varah

In the past, while suffering even from a simple cold, I was close to death from choking from mucus plugs. By keeping the scar tissue down and reducing the mucus, I feel Serrapeptase has literally saved my life.

On Monday the 19th of July, I got the results of an MRI scan that showed the scar tissue had not returned, and I am absolutely thrilled. "

> ***"Amazing news! Just after 2 weeks of taking errapeptase, I can finally get the end joint of my finger moving! This is unbelievable news, for me personally. The pills have cleared up in the first instance the adhesion and scar tissue.***
>
> ***It's early days yet, as I can't fully make a fist, but this is huge progress. Now waiting for the scarring lower down the finger to clear up. This has potentially saved me another surgery that I was due for in 3 weeks, and after months and months of hard work to no avail and being left upset and depressed, I can finally see light."***
>
> - Stu, 2011

Cardiovascular Disease - Prestwich, Manchester

"I'm 70 and was scheduled for bypass surgery. After using Serrapeptase, my surgery was cancelled, and my doctor told me I had brand new baby arteries."

> ***"I'm 55 yrs old with 100% blockage in one Artery and other Arteries are blocked in the high percentage. The heart specialist put me on 4 different medications, and I have just been surviving through the years and not getting better.***
>
> ***I found Serrapeptase through research I conducted and decided to purchase a bottle. 10 days taking, and I'm starting to feel great! I wake up in the morning feeling alive and fresh through my breathing. I can walk twice as much without having sharp pains; I sleep better and can now do things that I could not do before. I went to a local doctor who has never heard of Serrapeptase. The doctor checked my blood pressure, and when I asked him if it was okay, his eyes and expression looked amazed and said it's normal - I was surprised because it's never been normal since I was in my 20s."***
>
> - Louiey, 2012

Asthma Breathing - Mrs. Donnelly

When I called, Mr. Donnelly answered the telephone and told me he would have to fetch his wife from the garden where she was watering her plants. I was surprised, as I'd been told that she suffers badly from shortness of breath and asthma.

> *"Serrapeptase has made me feel 200% better... My husband and I love dancing, and now I can enjoy it again."*
>
> - Mrs. Donnelly

"Serrapeptase has made me feel 200% better," she declares. "My local health shop told me about them. They didn't make big claims - just said they might be helpful. And they are. I started taking them straightaway, and everybody saw the difference in me. It is amazing. My husband and I love dancing, and now I can enjoy it again. You should see me on the dance floor doing ballroom and modern. I recommend Serrapeptase to lots of people, these days."

"Since the realization that my Asthma and Allergies were directly tied to the lack of an all important enzyme, namely Serrapeptase, I have been Asthma and Allergy free ever since. It has been several months now on the Serrapeptase, and I have noticed a huge difference in my health. By the way, I am also a Habitual Smoker and Drinker. Take it from me, Serrapeptase works like magic."

- Jeremy, 2009

Back and Knee Pain - Ralph Owen

Severe pain in his back and knees was affecting Mr. Owen's life badly. He walked sideways 'like a crab,' as he puts it. That was until he heard about Serrapeptase on the Dennis the Chemist Radio programme.

"I made up my mind I'd give it a try," he says. "I'd just like to say that it has worked wonders for both my back and knees. I have very little pain these days. I also recommended it to one of my sisters, and it has cleared up her chest problems."

"Having had back problems since I was about 17 (I am now 49), I had reached a point of being in continuous low grade pain with frequent acute attacks of pain. I was unable to sleep for more than 3 to 4 hours per night, then tossing and turning until it was time to (literally) crawl out of bed.

I started taking Serrapeptase at the end of June 2009, and by the end of August, I was sleeping all night, every night. I have also noticed a huge improvement in my asthma. I now take a maintenance dose of 2 caplets per day and have recommended it to so many people. THANK YOU."

- Kelly P., 2010

"Robert, This is a story about Serrapeptase and Oscar, my 14-year-old Bichon Frise dog. Since he was a pup, Oscar has had a skin allergy; and now that he is a bit long in the tooth, the condition seems to have worsened. We sent Oscar to a groomer the other day for a bath and groom, and I suspect the groomer used the wrong type of shampoo and/or allowed the hot clipper to irritate his skin.

The following day, he showed signs of a strong allergic reaction: irritated bright pink skin and itching all over. Oscar was obviously in misery, trying to stop the itch by rubbing himself on the carpet and furniture; he was in a state of complete discomfort. And this was the worst attack of this nature that he has ever experienced.

In past occurrences, we would take him to a vet to get an injection of antihistamine, and the problem would be solved. But, being late Saturday afternoon, no local vet was available. Then Ngareta came up with the idea to try Serrapeptase on him since it works so well for us. Knowing that we would have a struggle on our hands trying to send a tablet down his throat, we cut an 80,000 IU Serrapeptase in half and mixed the contents with some food. Almost immediately, he calmed down and the itching had obviously stopped. His skin was still pink, so we knew that he wasn't completely cured.

Several hours later, the itch returned – but not as violently as before. We gave him the remaining half of the tablet, and there is definite, but not yet permanent, improvement. But we're confident that the Serrapeptase was the perfect solution to Oscar's misery. He slept very soundly that night. We will immediately order some SerraPet."

- Ngareta and Joe Ring

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Author's Testimonials - Robert Redfern

> *"My sister-in-law has suffered untold misery with Polycystic Ovaries (PCOS) and aching joints for many years. The cysts, as well as the pains, are kept away as long as she takes Serrapeptase."*
>
> - Robert Redfern

Practically everyone in my family and extended family is taking Serrapeptase, including me. On two occasions, I have had a sore throat first thing in the morning. I have chewed a Serrapeptase tablet, and within 30 minutes, the sore throat has completely cleared.

Anne Redfern – My wife was at her wits end with very painful varicose veins. She even considered surgery much against her own better judgment. Serrapeptase has left her pain-free, and the veins have shrunk to a point where she is no longer bothered with them. She does, however, have to keep taking a couple to prevent any return.

Lucy Redfern – My daughter Lucy sufferers IBS occasionally; now with Serrapeptase, she can stop the attack within 24 hours. She suffered mastitis (breast engorgement) twice while breastfeeding her daughter. Within one hour of taking two tablets, she was completely clear and able to carry on feeding. She was completely clear within two hours on two separate occasions.

Sara McLauglin – My sister-in-law has suffered untold misery with Polycystic Ovaries (PCOS) and aching joints for many years. She had just about tried everything and felt as bad as a woman can with this problem. The cysts, as well as the pains, are kept away as long as she takes Serrapeptase.

Jasmine McLaughlin – My niece and budding athlete uses Serrapeptase after events or training, whenever she gets any muscle pulls or aches. Her brother Zak suffers from mucus and sore throats that are both immediately dealt with by a Serrapeptase tablet.

Nora McLaughlin – My late mother-in-law, 79 years of age and looking after her wheelchair-bound husband, had more than her fair share of backaches and other pains. As long as she was taking Serrapeptase, she was very comfortable, but if she ran out, she would be on the phone like a shot for more supplies. Still smoking (she said to relieve stress), she had chest problems in the winter, that is, until Serrapeptase came along to keep her mostly clear. Her life remained unchanged prior to her death, but Serrapeptase made it much more comfortable.

The Mike Tawse Story

> *"I was so impressed, I renamed my book The 'Miracle' Enzyme is Serrapeptase."*
>
> - Robert Redfern

In early 2006, I was to change my whole understanding of Serrapeptase. Up until meeting Mike Tawse, I had always said there were limitations as to what could be helped with Serrapeptase. Mike Tawse, born with cerebral palsy, was to change all of that. In December 2005, Mike, who was then 36 years of age, sat in his apartment with very little quality of life; unbeknown to him, his friends were planning his funeral. Mike was on a multitude of medications from his doctors and was slowly slipping away. Luckily, he and his friends came across Serrapeptase.

Within weeks, he started to recover. Within months, his doctors took him off all of his drugs. Now, at 45 years of age, his life continues to get better. I was so impressed, I renamed my book *The 'Miracle' Enzyme is Serrapeptase*.

From Wheelchair to Wings

> *"...Everything has changed, and I am seeing the world with fresh eyes."*
>
> - Mike Tawse

"Ripples on water, the texture and detail of the natural world, the myriad shapes of leaves and plants: because of my poor eyesight I never expected to see these beauties. They were hidden to me, or limited to my imagination based on friends' descriptions. Now everything has changed, and I am seeing the world with fresh eyes. "

This poetic description of Mike Tawse's regained sight marked a significant chapter and perhaps the most astonishing in his Serrapeptase Adventure. He describes a visit to the Lake District as a day 'full of visual surprises.'

"The idea of texture being visible, as well as tactile, has never made much sense to me before. Not only was I seeing the beauty of England, but everyday objects, which I used to know only by touch, in completely new ways. It was the first time I have been able to use my fresh new eyesight for pure pleasure."

Mike's Serrapeptase Adventure has now entered its eighth year, relating his incredible journey, one that has taken him from a purgatory of illness to the joy of health. "I feel like two different people," he says. "I can now talk about that person who was ill from the point of view of the person who is positively not ill."

This is an inspiring story of one man's determination to beat the odds and of those who helped him achieve what once seemed impossible goals. Mike Tawse's victory over his life-limiting health condition even persuaded Robert Redfern to rename his book *The 'Miracle' Enzyme is Serrapeptase*.

Robert at Naturally Healthy Publications is responsible for the Serrapeptase formulations marketed by Good Health Naturally. In the 2006 summer edition of Serrapeptase News, he wrote:

"I have renamed my book *The 'Miracle' Enzyme is Serrapeptase*. I did not do this lightly, as I think the word 'miracle' is generally misused and too easily thrown around, especially in the nutritional field. If you have read my book and followed my newsletters, you may realise why I am so enthusiastic about this enzyme. I was finally convinced not only to change the name of the book, but also to create the website www. themiracleenzyme. info to go with it, when the story of the then 36-year-old Mike Tawse first surfaced.

Mike, a cerebral palsy sufferer since birth, revealed that life was so bad at the end of 2005 he felt he could not endure another year on a multitude of prescription drugs that hardly made a difference. I thought I had heard it all, but his story impressed me so much I knew that Serrapeptase was deserving of the name, The 'Miracle' Enzyme."

Mike's adventure story begins in December 2005. The scene is a small ground floor flat near Manchester University. The 36-year-old sits in his wheelchair - as he has for the previous ten years - and wonders if he will have (or wants) another year of life. He has had several transient ischaemic attacks (mini strokes), asthma, sinus tachycardia, and various digestive problems so severe that surgery had even been considered, despite the potential risks.

He is now hardly able to speak, the fluid from his lungs nearly choking him, his heart and lungs failing. His concerned friends are so anxious they have discussed what arrangements he wants for his funeral.

"Friends used to shout at me because I wouldn't make a will. Did I know something they didn't? I'm not sure. Perhaps I was just bloody-minded or scared."

- Mike Tawse

Even at this low peak, Mike refuses to go along with this. He is not one to settle for bad news. "Friends used to shout at me because I wouldn't make a will? Did I know something they didn't? I'm not sure. Perhaps I was just bloody minded or scared."

Mike was born with Cerebral Palsy (CP) and although he had battled to live a normal life, went to school, and went to college, the problems that accompany this condition had overtaken his will. The medical professionals had gradually increased his medication in a last-ditch attempt to keep him alive, and all were failing. It appeared that he would have only a few years before his body gave way under the strain.

The turning point came on January 3, 2006, when Mike was persuaded by one of his friends to start taking two Serrapeptase tablets twice a day. This friend met a local pharmacist, Dennis Gore ('Dennis the Chemist'), who described the dramatic results his clients were getting with an amazing product called Serrapeptase from Good Health Naturally (GHN). He told how an enzyme called Serrapeptase was achieving a reputation for its power as an anti-inflammatory, pain reliever, and for clearing inflamed tissue in the body. What really impressed Mike's friend was the passionate way 'Dennis the Chemist' spoke of Serrapeptase, pointing out there were no side effects.

Moved by the pain Mike was suffering, his friend suggested he give it a try. They had no proof, but after much research decided there was nothing to lose. What happened next shook Mike. In just a few days, the pain diminished, his breathing became easier, and his lung capacity measurably improved by 300%.

He started a blog, which was to become an ongoing message of inspiration. As he says: "The reason for putting my story out there was not so much for myself, but it was worth it if just one person read it and was persuaded to try this route."

Feb. 24, 2006, Mike wrote:

"For the last seven days, my lung function has been great. It has been no lower than 500 litres per minute, and usually around 530 litres. It seems to me that it may well be settling. My heart rate remains normal, and even the condition of my skin seems improved.

I have now completely stopped all my prescription medication and continue to feel stronger, eating and sleeping better."

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Mike was now daring to believe something special was happening. He decided to contact Good Health Naturally and spoke initially to Health Coach David Meyer, who gave him an overview as to why Serrapeptase could have helped such a difficult condition. When Robert heard of this success, he could hardly believe his ears. Yes, he had heard so many stories, from cases of asbestosis to Multiple Sclerosis, asthma, internal scar tissue, blocked arteries, and many more. What was so different about this situation was that although Mike had these problems since birth and sunk so low, taking a formidable cocktail of drugs, his response had been so swift.

March 19, 2006, Mike takes up his story:

"After the dramatic developments in my improving health during the first few weeks of 'MY SERRAPEPTASE ADVENTURE', things appear to have settled down a little. Although the drama was exciting, I am enjoying being able to assume that I will feel well and healthy rather than having to hope that I will be able to make it through the day. My lung function continues to be excellent. My heart rate remains stable and my energy levels are good.

> *"I am enjoying being able to assume that I will feel well and healthy rather than having to hope that I will be able to make it through the day."*
>
> - Mike Tawse

The only major new development I have noticed is not dramatic, or quick, but it is very exciting, at least to me. Since having surgery in 1984, I have had red keloid - raised, irregular - scarring, which simply refused to reduce. Now, nearly twenty-two years later, these scars appeared to be fading in colour and to smooth out a little. I have no way of knowing how effective Serrapeptase will eventually be, but I am amazed to see any improvement at all, after such a long time."

Life was opening up to Mike in ways he had never dreamed. On April 12, 2006, his blog describes how he appeared on an American talk show called 'The Power Hour'. Says Mike: "Joyce Riley, the show's host, has a strong spiritual faith. One of the questions she asked me was, 'Do you believe in miracles?' I replied: 'If I didn't in the past, I do now.'"

In an earlier show, a caller had enquired about helping someone with cerebral palsy. Joyce interviewed Robert Redfern, who described Mike's experience with Serrapeptase. She subsequently invited them both onto the show in June 2006. After Mike's contribution was completed, Robert Redfern spoke of introducing Mike to HealthPoint™. He said: "If I can add just a little bit more to his adventure, then I'm privileged."

April 22, 2006, Mike happily reports that his condition is stable:

"Those of you who have asthma will be used to measuring your peak flow regularly. I have continued to do this, three times a day, despite being free of symptoms for several months now and free of medication for almost as long. I have found it helpful and encouraging to remind myself that the impact of Serrapeptase on my improving health is actually measurable.

If you listened to my Power Hour interview on April 12th, you will have heard me say that my peak flow that day was at 580. The remarkable thing, for me, is that it has remained stable ever since. Now, it is still 580 never having gone below 560 in the intervening 10 days!"

May 25, 2006. This is a celebratory blog as Mike describes his 'first twenty steps':

"For several weeks, I have been experimenting with standing, with crutches, but not had the confidence to walk. After recovering from a stomach bug I got back on my feet on 24th May thinking I would stand for a few minutes, and that would be that. After about five minutes, my phone rang so, without conscious thought, I found I had taken the 20 steps to answer it.

This might not seem much, but for me it might as well have been miles. It was yet another sign I was regaining control over my condition instead of it having control over me.

Surgery in my teens had made it hard to walk, especially as I grew heavier. For many years, I'd been unable to walk at all. Physiotherapists and a multitude of medics had told me it was too dangerous for my heart and lungs to continue with any form of mobilisation beyond a wheelchair, even the sort of exercise that many wheelchair users are capable of."

Tuesday, July 04, 2006:

"Yesterday marked exactly six months since I first took Serrapeptase so, I visited my family doctor for a regular check-up. In spite of the amazing improvements in my health, I did not expect the dramatic news that I was about to receive.

Remember I stopped taking my prescription medication in February and had had no ill effects from doing so. However, repeat prescriptions were left in place, which meant, should my health deteriorate or my condition change in any negative way, I could reorder them without the need for a face-to-face meeting with the doctor.

This was intended to give me a safety net. Now, five months later, and after careful, detailed checks of my heart function, blood

pressure and lung function, which have ALL been confirmed as NORMAL, it has been agreed that I am very unlikely to need them ever again and even less to want them. Finally, it seems, the medics have accepted that, at best, my health may continue to improve and, at worst, it can be expected to remain stable.

The significance of this is hard to overestimate. Although the content has changed many times, I have had some form of repeat prescription for as long as I can remember. Although I have been enjoying the benefits of Serrapeptase since January, I still continue to be amazed by the speed and stability of my progress."

> *"Although I have been enjoying the benefits of Serrapeptase, since January, I still continue to be amazed by the speed and stability of my progress."*
>
> - Mike Tawse

Thursday, July 13, 2006. Mike received a phone call confirming he would start a formal program of physiotherapy at the beginning of August:

"It will involve both supervised and independent exercise, aimed first at general fitness, then specifically at 'functional walking'. Although this is a somewhat unusual phrase, I was thrilled to hear it. This is the first time I have been thought well enough for functional walking for many years! It is true that I have had physiotherapy more recently than 1987, but on these previous occasions, the treatment was intended to be short term and to assist with recovery from specific medical incidents.

At these times, the aim was not to improve my general level of mobility. In fact, the last time I received physiotherapy, in 2002, the treatment was stopped almost as soon as I tried to walk, because my heart could not cope with the effort needed.

I am confident that now my heart and lungs are stable, without medication, I will have much more success and that any improvements will be much better maintained than they were the last time I tried physiotherapy."

Many people would have been bitter that life had handed them such a difficult condition to bear. In Mike's case, he is disarmingly modest in his expectations. "When I first began to be well my attitude was, 'If this fixes my lungs and gets me off my nebulizer, I'll be happy.'"

He might be constricted in comparison with many people, but he is full of appreciation and gratitude and goes to great lengths to give hope to others facing health challenges. Reading Robert's article, he was 'amazed to receive such an incredible complement.'

July 23, 2006:

"I have known for some time about the new website www.themiracleenzyme.info known as The Serrapeptase Forum, but I had no idea that I had played such a significant role in inspiring Robert to set it up or to make changes to his book."

Writes Robert: "Mike is not quite up to doing cartwheels, but this IS a WONDERFUL metaphor for the giant strides he has made and, no matter how much he tries to give the credit to others, there is no doubt the main credit belongs to him with his quiet determination and readiness to try."

That same evening, Mike records how he was able to go out for a meal with one of his friends who, a year earlier, had wondered if he would actually survive until then.

"It was hard for me to tell which one of us was more excited."

> *"My local pharmacy finally collected all my old, unused medication. So now I suppose it is official. It is a small step, but a great psychological boost."*
>
> - Mike Tawse

Monday, July 24, the following day:

"My local pharmacy finally collected all my old, unused medication. So now I suppose it is official: a small step, but a great psychological boost."

In October 2006, Robert and David visited Mike and recommended MaxiFocus™ for his failing eyesight, Curcumin98™ (now CurcuminX4000™) for his whole system, D-Ribose™, and a new nutrient, Glyco8+™, to help regenerate his body. They spent most of the time talking about the amazing impact that Serrapeptase continued to have on Mike.

Wednesday, November 1, 2006:

"Although the changes in my health are less dramatic now, the improvement continues to build steadily. My muscles are stronger and more reliable, so I can get from sitting to standing without using my hands; this is something, which I have not been able to do since I was a young child, but I DO still have to hold on once standing. The thing to remember is that this has all happened without physiotherapy, which I am still waiting for.

My lung capacity is still good and my heart rate is stable. I was even able to visit one of my friends a couple of weeks ago, which meant having to handle a flight of stairs, on my hands and knees. Of course, this raised my heart and breathing rate, but they recovered in minutes with no adverse effect. In the

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past my friend had to visit me in order that I might avoid using the stairs. I was pleased to be able to share all this with Robert and David, and to get even more tips from them, including more information about Curcumin98™, which I now take every day.

My introduction to HealthPoint™ was brief, but fascinating. I'm looking forward to learning more and I am convinced I will gain a lot from it, although I have to get someone to help me with it because my coordination is not quite good enough for it, yet."

As Mike points out, there is a lot of confusion surrounding cerebral palsy. There are people who believe it is an illness that can be cured, whereas it is a condition, which, as he has proved, can be ameliorated. However, the dramatic improvement in his eyesight and visual perception remains a mystery factor.

As he says: "I have been writing about the improvement in my eyesight for almost a year now, but so far I have concentrated on how well I can read, how well I can see over a measured distance under test conditions. I have even discussed the test results, which proved to me that prevailing medical opinion, which argues that such improvements should not be possible, is clearly wrong."

The second year of Mike's Serrapeptase Adventure has undoubtedly been dominated by this remarkable development. He feels that is the most exciting and unexpected of all.:

"Why do I describe it as 'the puzzle of depth perception?'" He queries. "To explain, I'll highlight the changes in my health during My Serrapeptase Adventure in contrast to the acquisition of a completely new skill. It is obvious to me that the problems with my heart, lung function, and digestive system were most likely caused or exacerbated by the medication I was given to manage symptoms. Serrapeptase gave me a way of managing my condition without them and the chance to recover from their effects.

The development of depth perception is very different. The reason why I have never experienced it before is a direct result of the underlying brain damage of cerebral palsy. Thus, my new-found ability to perceive depth, and to make sense of it, cannot be described as a recovery. To the best of my knowledge, it is not possible to recover a skill that was not previously available.

This is one bit of the whole story nobody understands. Robert Redfern described Serrapeptase as 'the miracle enzyme'. It is a description I believe is well deserved."

"I have recently discovered that many of the symptoms were known, and even expected, side effects of all the prescription medications, which I took before Serrapeptase rescued me."

- Mike Tawse

On February 18, 2008, Mike celebrated the anniversary of when he stopped his prescription medication and began 'a life free of toxins... a life to be lived and not just survived:'

"This anniversary reminds me that the search for good health has much more to offer than freedom from illness. It is as much about new insight as new hope.

Every day, Joyce and Dave of 'The Power Hour' remind me that Knowledge is Power. I believe that knowledge, freely and honestly shared, is a gift, and it can be an inspiration. Imagine what we could ALL achieve if each one of us accepted the gift and opportunity to inspire just one other person. My Serrapeptase Adventure and the kindness of those who enable and inspire it continue to provide proof of what can be achieved when knowledge is shared as a gift."

Mike's story is a blend of personal determination and the support of others. It is one that begins in despair and illness and progresses to hope and health through the fortuitous discovery of Serrapeptase and collaboration with Naturally Healthy Publications' Robert Redfern. The journey which began in 2005 has now reached the point where the unexpected becomes the accepted.

Throughout the past year, Mike has continued his blog, recording his thoughts on disability and charting further positive developments:

"My own experiences have taught me that living with a disability, whilst not being dominated by it, requires a delicate blend of personal determination and the support of others," he says.

January 3, 2008, marked the second anniversary of the day when Mike first took Serrapeptase, 'The first day of my third year of adventure. This was a day which, just a few short years ago, I could not reasonably have expected to see."

On February 18th, another anniversary: The first full day of his third year without prescription medication! "For me, this second anniversary of freedom from prescription medication is, in some ways, even more significant." He adds: "I have recently discovered that many of the symptoms were known, and even expected, side effects of all the prescription medications, which I took before Serrapeptase rescued me."

This was quite a momentous day for Mike because he also discovered he could harness the power of HealthPoint™, alone. "I am able to do this by means of the ear clips, which come with the machine, allowing me to overcome the limitations of normal dexterity, which are signatures of cerebral palsy."

Mike notes the 'amazing level of relaxation' comparable with that experienced earlier in the expert hands of the Good Health Naturally team. "If it continues to work as well, despite my lack of expertise, then I will be thrilled."

On March 5th, Mike is musing on what has led to the remarkable improvement in his eyesight, developed since November 2006. "I will be fascinated if a definitive medical opinion ever emerges. I believe that the improvements in my eyesight and visual perception are perhaps among the most remarkable elements of My Serrapeptase Adventure. "

Mike did a photo shoot in April, something which can present difficulties for many people with spastic forms of cerebral palsy, he tells us. Because of sufferers' tendency to flinch and blink in response to the camera flash, it is hard to obtain good quality photographs. Mike thanks his photographer, Matt, for his persistence and ingenuity. The results speak for themselves.

> *"I would like to thank Robert Redfern for his inspiring work with Serrapeptase, and I am sure that he will continue to bring hope to people around the world!"*
>
> **- Mike Tawse**

It was 'Keep Fit' time in June 2008 when Mike renewed his gym membership. A month later, there is a happy blog when, on 24 July, he is allowed to use the abdominal toning machine without supervision. This proves his core muscle strength had improved immensely.

In August 2008, when the Great Britain Olympic team emerged with flying colours, Mike blogged of his own triumph. As he watches the BBC's coverage of the sporting events, he notices something very exciting. For the first time, he can recognise individual athletes and follow them as they move. Mike had been commenting on his improved eyesight since November 2006, noting how it had moved to 'within normal range' since 2007. But even he was surprised by this alteration. As he says: "It is a real pleasure to be able to understand what everyone around me is talking about when they try to convince me how exciting their chosen sport can be."

In late autumn, Mike was looking forward to the exciting challenges he felt certain 2009 would hold. Then in November, Joyce Riley of the Power Hour recorded her personal view of his Serrapeptase Adventure, spanning the early days to the present day. As Mike writes: "It reminded me of how My Serrapeptase Adventure started. It was Joyce's interview with Robert Redfern that gave me the information I needed and the confidence to try Serrapeptase for the first time. This was long before my eyesight became good enough to read the information for myself."

They say life begins at forty. However, when you have been born with a condition that has involved a multitude of drugs in an attempt to treat its symptoms, attaining that age seems tenuous. When Mike woke up to his birthday in 2009, he realised he had made it. He was reminded once again that the truest measure of good and improving health is not expressed in moments of personal drama. Perhaps it is the ability to enjoy those pleasures of life, which many people take for granted.

This is the beginning of another bright new decade in his life and marks yet another milestone in his inspiring journey. The next stage is when he 'takes wing' and flies back to his country of birth, the USA, and to Canada where he was lovingly fostered. It is a trip he never thought would be possible in the poorly condition he suffered until 2006.

Mike concludes, "I would like to thank Robert Redfern for his inspiring work with Serrapeptase, and I am sure that he will continue to bring hope to people around the world!"

Interview by Jenny Pulling

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Serrapeptase News

Naturally Healthy Publications

2015: You Will Not Hear This In The News!

In The News!

The media is full of bad news about the epidemic of Alzheimer's and other forms of dementia. Unlike their flu scare stories and bird flu horror stories, this time it is very relevant and very true. The number of people who will succumb to dementia in the next 10 years is horrendous: for those people, for their family and society as a whole.

What you are hearing in the news about Alzheimer's is Pharma companies who are asking governments and charities to dig deep and give them billions so they can find a drug that you will need to take for the rest of your life, that will make the Pharma cabal even more wealthy than they already are now. You have read my newsletters' claims that they have never researched a cure for major disease. They would be out of business.

Not In The News!

Serrapeptase and Nattokinase intervention for relieving Alzheimer's disease

What you will not hear in the news is a new study published last year that showed that serrapeptase and Nattokinase administered daily for 45 days resulted in a significant decrease in the chemical activity in the brain that causes Alzheimer's. Treatment with these enzymes also produced a significant increase in the chemical activity in the brain that helps to protect against Alzheimer's.

You will never hear about this in the media because it threatens the billions Pharma make from drugs that never cure anything in a meaningful way. This study now adds to the list of studies I used when I made my Alzheimer's recovery plan.

Regards, good health...

Robert Redfern
Nutritionalist, Author & Broadcaster
www.GoodHealthHelpDesk.com

New SUPER STRENGTH Serrapeptase

Previously, I told you about an Australian customer who under the supervision of his naturopath and a really healthy Vitamin K2 diet, took 21 x 80,000iu serrapeptase tablets a day, to try and clear his blocked arteries.

And they cleared up in around three weeks.

Do you remember this story? At the time I received hundreds of questions asking how this was possible.

The main point I made was that, in this example, the Vitamin K2 diet was as critical as the serrapeptase. Why? K2 also helps to clear the calcium content of the blockages. (I have since formulated the Vitamin D3/K2 Spray).

Back to the story...

Another question that came up was, 'Is it possible to put more in a capsule so that less capsules need to be consumed?' (This is a common point, as most people do not like taking lots of capsules, certainly not x 21 a day!).

At the time the answer was no!

However, this got me thinking and I have now developed a 250,000iu capsule, which is 3x stronger than the 80,000iu capsules. The reason? In some situations it appears that the more serrapeptase taken, the bigger the results (the Australian testimonial wasn't the only time there had been success with a higher dose).

I had never suggested for the Australian customer to take x21 tablets, he had decided to, after the consultation with his naturopath. He just told me the story afterwards.

Note - how serious a condition is normally determines how much serrapeptase I recommend. Serrapeptase is 100% safe and can be taken in higher dosages when required, hence why I have developed the new 'super strength' capsule.

Sometimes a condition will not be getting enough serrapeptase to help clear it, that is when more would be needed. The worst case scenario is that the condition didn't need as much serrapeptase as was taken, but it will still have been cleared!

What do I say? Better for the serrapeptase to do its job than not! The worst case scenario is actually pretty good because you could then drop down a dose to a maintenance level (once the inflammation has been cleared).

As with my other **serrapeptase** formulations, SerraEnzyme 250,000iu is manufactured under GMP strict guidelines (set by the U.S. Food & Drug Administration's 'Good Manufacturing Practices') and is in a delayed release capsule. This means that the serrapeptase is protected from stomach acid so it can go on to do its work. The capsules allow for optimum

performance, are phthalate free (another question I sometimes get) and are suitable for vegetarians.

It is now possible to get 2.25 million iu of serrapeptase from just taking 9 capsules a day (eg. X 3 on waking and 2 x 3 over the rest of the day)! And because of this I am expecting some even better results.

It is a lot of serrapeptase and a lot of inflammation relief!

When and why would you do this?

Only in very rare cases when it is critical to achieve a goal in a short time, such as clearing an arterial blockage, chronic inflammation problems (such as Rheumatoid Arthritis) or any of the other immune diseases such as Lupus, MS, etc.

Basically any problem which is still existing or troubling you.

What if I wanted to take it for a long time?

At this point I don't recommend taking serrapeptase 250,000iu at high doses for more than 3 - 6 weeks. In fact I suggest you start to taper down. Start reducing at around week 3 to 1 capsule x 3 times per day. You can then review your progress with me. One month of serrapeptase at a max strength dosage should clear most chronic inflammation problems (certainly if you follow other advice on diet, etc).

So those of you who take 3 x 80,000iu a day at the moment would only need to take x 1 of these (and so on).

So, what does serrapeptase do?

Serrapeptase has two main actions: (1) it helps to regulate inflammation and (2) it dissolves any dead proteins.

Serrapeptase CLEARS Inflammation:

Remember, inflammation comes in two forms.

Firstly, normal, acute inflammation - this supports the immune system to clear damaged tissue and remove infected cells, as this is part of the daily maintenance system. Once its 'job' is complete, it reduces, whilst waiting for its 'next job'. To have none of this inflammation would be a health problem in itself. An example of this is if you get a knock, or hit your thumb with a hammer.

Serrapeptase does not heavily impact upon this process (unlike drugs) and the inflammation will reduce over time. The serrapeptase may help the level of inflammation but will not stop it. Therefore it can be safely used in these situations.

Secondly, the other type of inflammation is abnormal chronic inflammation. This never goes away and continually causes damage around the body, wherever it is at its highest level. The cause of this is of constant discussion, but scientific opinion is coming around to it being an infection (virus, bacteria, fungus, etc), being continually fed by a sugar diet (starchy carbs and other high sugar foods, drinks and fruits).

This can start a chain of health problems that may exist throughout the whole body - head, heart, lungs, colon, digestive system, veins, arteries, pain in general and so on.

Serrapeptase helps to clear this type of inflammation.

As you will have read in some of my books, once the inflammation is cleared, it is really important to try and work out what caused it (and then to stop it from happening again). But let's take it one step at a time!

You could make a start by consuming only raw vegetable smoothies, if you are extra keen - for a couple of months though, not just a couple of days!

Quite often when this inflammation is reduced there are noticeable benefits and health improvements. Sometimes this can happen quickly and sometimes it will take longer. See some of the testimonials I get on my Facebook page or at www.Serrapeptase.Info.

The Other Great Thing about Serrapeptase:

The really great thing about serrapeptase is its ability to digest 'dead proteins'. These include: cysts, fibrosis, scars (both internal and external), lesions, and some clots.

One of the more famous 'dead proteins' that can be cleared is found in blocked arteries. The results on this can vary, as there can be a large component of calcium, which will need a diet change and is also the reason for the Vitamin D3-K2 recommendation above. Hence why it was so important for the Australian customer.

I am really excited about SerraEnzyme 250,000iu and hope that you share my enthusiasm!

Take good care or yourselves and your family,

Robert Redfern

Nutritionalist, Author & Broadcaster

www.GoodHealthHelpDesk.com

They are all a pain

Headaches and Migraines are a real pain for sufferers. For those of us who are free of them, the only way we know how bad others are suffering is when we see how debilitating it is for them and how they sometimes simply cannot function.

Even though I do not suffer from them (particularly since I changed my diet), I feel I can claim to have become an expert at least in preventing and clearing them with 23 years of doing just this.

What are headaches/ migraines?

There are nearly as many types of headaches/migraines as there are opinions!

Here are a few:

Toxin or weekend headaches/migraines come about through a high level of stress that constricts the blood capillaries in those who feel stressed about their daily jobs. Somehow they manage to hold it in all week, then along comes Friday evening/Saturday morning and as soon as they relax, toxins in the capillaries that would normally detox every day suddenly rush into the system and bring about pain. The bad news is that it can last a few hours, or in the worst cases, 2 days and then clear just before going back to their jobs on Monday morning. This may be a factor in other types as well of course.

Tension headaches/migraines include:

Frontal Headaches/Migraines

- These occur over the frontal region of the head (forehead). Migraine is a particular type of headache, often lasting many hours and accompanied by sensations of flashing lights, nausea and vomiting.

Occipital (Neck) Headaches/ Migraine

- This is a headache occurring over the back of the head. Many of those with occipital headaches suffer accompanying neck problems and both need to be addressed.

Temporal Headaches/Migraines

- This is a headache/migraine occurring on the side of the head.

Vertex Headaches/Migraines

- This is a headache/migraine occurring on the top of the head.

Cluster Headaches/Migraines

- These are repeated very painful temporal headaches/migraines.

Sinusitis Headaches/Migraines

- Frontal headaches/migraines caused by inflamed sinuses usually caused by infection, allergy or viral autoimmune diseases.

What are the solutions for these Headaches/Migraines?

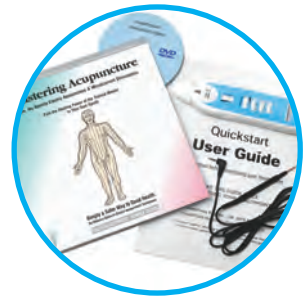
Following my plan will always result in preventing and stopping these problems, but I cannot promise they will never come back. The more of the following points you deal with the better chance of long-term help.

Some common causes:

TMJ (jaw pain/tension), not drinking 6-8 x 500ml (16fl. oz) glasses of water per day, poor breathing patterns, tension/anxiety/stress/depression, allergies, excess unnatural foods (grains, cereals, sugar, processed foods in the diet), chemicals in foods, dairy, fluorescent lighting/bright lights, emotional issues, hormonal imbalances, lack of sleep and of course alcohol (for some people, just 1 glass). Even if you use my solutions below I still strongly recommend you deal with all of these common causes in your life. Not just for headache/migraines, but for your health and quality of life.

The best solutions :

With or without dealing with these causes above, I recommend: **HealthPoint™**. This is the fastest and most effective treatment for all headaches/migraines. I can say this from experience both in treating many thousands of people over the last 23 years, including my own family. All of the various types listed above respond instantly by treating to prevent the attack, treating just as you feel it starting, or repeated treatments over a few hours if it has already started. It also quickly deals with other causes including neck pain, shoulder pain and TMJ (jaw pain).



SerraEnzyme 80,000iu is very good at clearing some types and can be used alongside HealthPoint™. Inflammation is always a factor in headaches/migraines and SerraEnzyme is essential for support. There may be scarring in the brain contributing to these problems and serrapeptase is the better solution for this.

Relaxwell can help to dramatically reduce many of the prime causes of headaches/migraines including, tension/anxiety/stress/depression. This helps you keep life in balance, and although your challenges are still there, you will find you can deal with them much better and nothing helps as much as being headache/migraine free.

Headaches and migraines can make many lives a misery, but I promise the majority can get them under control to a point when they may never come back, with my help.

With kind regards,

Robert Redfern

Nutritionalist, Author & Broadcaster

www.GoodHealthHelpDesk.com

Serrapeptase, Its Uses & Action Plans

Health Plans for:

A. Autoimmune Disease
B. Brain & Mind Problems
C. Cancer
D. Cardiovascular Problems
E. Digestive And Organ Problems
F. Ear, Nose, And Throat Problems
G. Eye Health
H. Heart Health
I. Lung Health
J. Men's Health
K. Pain Problems
L. Pet & Animal Treatments
M. Skin Health
N. Women's Health

WARNING:
The amounts shown here are for adults.
Please email or contact the Help Line to get the dosage for children.

3. Serrapeptase, Its Uses & Action Plans

Serrapeptase has been admitted as a standard treatment in Germany and other European countries for the treatment of inflammatory and traumatic swellings.

In one double-blind study of Serrapeptase, the group receiving Serrapeptase had swelling decreased by 50% on the third post-operative day, while in the other two control groups (elevation of the leg, bed rest, with or without the application of ice), no reduction in swelling had occurred at that time. Decreasing pain correlated for the most part with the reduction in swelling. The patients receiving Serrapeptase became pain-free more rapidly than the control groups. By the tenth day, all patients were free of pain in the Serrapeptase-treated group. The therapeutic daily dose was 1-2 tablets (10,000IU), 3 times daily.

Why Do I Recommend Higher Doses?

A frequently asked question is: Why do I recommend an 80,000IU dose and 250,000IU dose up to 2,000,000IU per day when the early studies used just 10,000IU? The answer is simply because I have found it works that much better. People are now clearing health problems unheard of in 1999 when I first came across Serrapeptase.

The previous story you have just read regarding Mike Tawse may never have happened without a higher dose of Serrapeptase.

In ten years of high doses, there have been no reports of any side effects from these doses, except for a few reports from those with a previous dysfunctional digestive tract. This can easily be fixed with my digestive recovery plan.

The following Action Plans (with Serrapeptase and other nutrients) have been proven time and time again to help people, suffering from various conditions, to recover their health.

There is no doubt that taking Serrapeptase alone will give outstanding improvements - but if true health recovery is desired, then the more a person does, the better the results. If there is anything that you are not sure of, please contact the Help Line for advice.

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Autoimmune Disease

What Is Autoimmune Disease?

An autoimmune disorder is a condition where the immune system mistakenly attacks and then destroys healthy body tissue. There are a large group of autoimmune diseases, and they manifest in different ways.

What Causes Autoimmune Disease?

They come from a virus or bacteria, but in the end, autoimmune disease is basically caused by a low level infection residing in the body.

What Types of Autoimmune Disease Are There?

There are a wide number of autoimmune diseases, and they include Crohn's Disease, Fibromyalgia/Chronic Fatigue, Human Papillomavirus (HPVO), Hashimoto's Thyroiditis, Lupus, Lyme Disease, ME, Multiple Sclerosis (MS), Myasthenia Gravis, Rheumatoid Arthritis (RA), Psoriatic Arthritis, Juvenile Arthritis, and more.

"Hi Robert, this may seem strange to you, but I initially started taking Serrapeptase as part of treatment for Lyme disease. My numerous symptoms were hair loss, loss of collagen, shortness of breath, hypercoagulation, etc. etc. etc.! AND I had a wart on the bottom of my foot that wouldn't go away - about five days into the Serrapeptase, my hair loss decreased significantly. After a month, the wart on the bottom of my foot was almost gone! After about two months, the shortness of breath was much better. I then started an all-natural protocol using the Serrapeptase, and I am now, after three months, feeling better than I have in two years! Thank you."

- Melisa

Relief for Bilateral Pneumonia, Lyme Disease, and Bartonellosis

"Dear Robert,

After having taken your recommended supplements for 1 month, I had another X-ray and consultation, re: the bi-lateral pneumonia. While last time there were still shadows on my right lung, both lungs are now completely normal and the pneumonia is now regarded as resolved...

Generally speaking (my chronic lyme and morgellons in the background), even my husband has noticed an improvement in my general health, strength and mood. Although much improved, I still have a little mucus – I have a feeling it comes from the sinuses."

– Tina

"Hi Robert, I have been on Serrapeptase for the past year. I started in 2009. I have bad hip pains, perhaps arthritis; however, a friend of mine in Scotland asked me to try these tablets, which I did. After the first week, I was a new person. I have more energy naturally because I have no pain now, and when I have a fall now, pain doesn't last as long the days after it. I forgot to mention - I ride horses a lot and have had numerous falls: breaking my chin and on another occasion, my wrist, my ankle and a few ribs. These are accidents I have had over 30 or more years. I am now 47 years old, and I am still backing horses for the first time and have great confidence again - nothing seems to scare me."

- Camilla

Follow the Health Plan as recommended for the best results:

AUTOIMMUNE DISEASE PLAN

This Autoimmune Disease Health Plan provides relief for (MS), Lupus, ME, Chronic Fatigue, Fibromyalgia, Rheumatoid Arthritis (RA), Psoriatic Arthritis, Juvenile Arthritis, Crohn's Disease, Lyme Disease, Myasthenia Gravis, Psoriasis, Human Papillomavirus (HPV0), Hashimoto's and more.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection**- Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Capsule as an Alternative to Active Life

- **MaxiVision** - Contains 34 super nutrients. Provides healthy antioxidant function and relief from aging. Take 4 capsules daily.

Other Recommended Products

- **D-Ribose Plus** - Take 5 teaspoons x 3 drops per day in water. This is essential to restore energy in those completely lacking in energy.
- **UB8Q10 Ubiquinol** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Candida

What Is Candida?

Candida is a genus of yeasts and is also one of the most common causes of fungal infection. A very tiny amount of the fungus lives in the mouth and the intestine, to aid with digestion.

What Causes Candida?

When Candida is overproduced, it begins to break down the intestine wall, penetrating the bloodstream and thereby releasing toxic by-products into the body. This causes a leaky gut.

Candida FAQ

Q: I have Candida, and it's causing me numerous health problems. Can you recommend any products in particular to help relieve my problems?

A: Relief for Candida can be found by following my Candida Health Plan. Protease is a product I highly recommend as it can help to relieve the infection, while SerraEnzyme 250,000IU can boost its effectiveness by reducing and finally dissolving any inflammation in the body. GlycoBoost can also support the growth of healthy gut bacteria, promoting healing from within the digestive tract.

"I feel like a different woman," she told Linda, after 10 weeks on the enzyme. "I'm taking it on honeymoon with me," another client who suffered from Candida announced. "I can't live without it now."

- Linda Tranter

"Hi Robert, I want to thank you for this website. Thank you for exposing me to Serrapeptase. I now use it every day, and it is making a difference! I will probably use it for the rest of my life just to ensure my good health. Thanks again, Robert. I consider you a wonderful pioneer in the area of health and anti-aging."

- Mark

Follow the Health Plan as recommended for the best results:

CANDIDA HEALTH PLAN

This health plan provides relief for Candida and other yeast and fungal infections when the supplements below are taken in order of priority and combined with a naturally healthy lifestyle.

Your 4-8 Week Plan, from my eBook, by Robert Redfern
Supplements to support a healthy immune system – in order of priority:

- **Protease** - This contains super powerful protease enzymes that aid in relieving infections. Take 3 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **SerraEnzyme 250,000IU** - Take 1 capsule x 3 times per day with the Protease capsules. Serrapeptase SerraEnzyme clears the biofilm that protects the germ.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** -This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

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Crohn's Disease

What Is Crohn's Disease, and What Causes It?

Crohn's Disease is a condition caused by inflammation in the gut, caused by an infection. Symptoms vary depending on the part of the gut affected, but common symptoms include diarrhoea, abdominal pain, and feeling unwell.

Other parts of the body can be affected; inflammation and pain can be felt in the joints (arthritis), skin rashes, and inflammation of the eye (uveitis), as well as liver inflammation.

"Dear Robert,

I thought I would give you an update on my progress with my Crohn's Disease. I have been taking the SerraEnzyme, Curcuminx4000, D.I.P., MaxiVision & Gastro Enzyme Therapy for about a month now.

I think all the above are definitely making a positive impact on my body because the gastritis has nearly all disappeared. I feel so much better and healthier. I am afraid to reduce my Serraenzyme enzyme, Curcumin and Gastro Enzyme because I have cut down on my anti-inflammatory drugs to only four tablets and I have thrown away the proton inhibitor drug for gastritis!!

I am still taking every day:

- **6 SerraEnzyme**
- **6 Curcuminx4000**
- **6 Gastro Enzymes**
- **4 MaxiVision**
- **1 D.I.P.**

I feel I have definitely made progress in a big way and am getting stronger every day."

- Sudha B, United Kingdom

Follow the Health Plan as recommended for the best results:

CROHN'S DISEASE PLAN

The health plan below is designed to support autoimmune health and Crohn's disease. The supplements are listed in order of priority and should be followed with the food plan to relieve symptoms and maintain good health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Capsule as an Alternative to Active Life

- **MaxiVision** - Contains 34 super nutrients. Provides healthy antioxidant function and relief from aging. Take 4 capsules daily.
- **UB8Q10 Ubiquinol** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.

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Fibromyalgia/Chronic Fatigue

What Is Fibromyalgia (FM or FMS) and/or Chronic Fatigue?

Fibromyalgia (FM or FMS) is an autoimmune syndrome characterized by sleeplessness and pain in the muscles, tendons, and ligaments.

What Causes Fibromyalgia/Chronic Fatigue?

It is thought of as a rheumatic disease, meaning inflammatory proteins called cytokines may be initiating and/or perpetuating inflammation. Chronic fatigue has many of the symptoms of fibromyalgia and responds to the same health plan.

"Hello Robert, Thank you for your ongoing information. I have been taking Serrapeptase 80,000IU for about 6 months now and find it helps immensely with fibromyalgia symptoms...

We started on it to help my son who suffers with asthma and had inhaled a lot of paint/lacquer fumes when he was spraying one of his guitars (he's a guitar repairer/luthier) and the Serrapeptase I'm sure was a lifesaver. I am able to purchase this product from our local health food store, which is good, as I can really only afford to buy one bottle at a time, which lasts a while as I'm down to 1, sometimes 2 a day.

Thank you again for your wonderful product, I have told quite a few people about it, as I think it's just great."

- Lenice M., Australia

"Robert, I have been taking SerraEnzyme twice a day for carpal tunnel, and it has helped tremendously. Thank you."

- Mary

Follow the Health Plan as recommended for the best results:

FIBROMYALGIA (FM OR FMS) AND CHRONIC FATIGUE HEALTH PLAN

The health plan below is designed to improve your fibromyalgia and chronic fatigue symptoms to heal your autoimmune condition and boost your long-term health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Capsule As An Alternative To Active Life

- **MaxiVision** - Contains 34 super nutrients. Provides healthy antioxidant function and relief from aging. Take 4 capsules daily.

Other Recommended Products

- **D-Ribose Plus** - Take 5 teaspoons x 3 drops per day in water. This is essential to restore energy in those completely lacking in energy.
- **UB8Q10 Ubiquinol** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.

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Juvenile Arthritis

What Is Juvenile Arthritis?

Juvenile arthritis is an umbrella term that's used to describe a range of autoimmune and inflammatory conditions that children aged 16 or younger may develop. Symptoms include joints becoming inflamed and stiff, loss of range of motion, and deformity.

What Causes Juvenile Arthritis?

Juvenile arthritis is caused by the body attacking a resident infection and thus its own healthy cells, which causes the joints to become inflamed and stiff.

Juvenile Arthritis FAQ

Q: Hello, my son has juvenile arthritis and suffers with inflamed joints to the point where he struggles to do basic tasks. What do you recommend to help him?

A: Please follow the Juvenile Arthritis Health Plan.

"Thank you so much for recommending Serrapeptase to my son, aged 4. He was struggling for the longest time to walk properly due to the pain and inflammation in his knee joint. I'm pleased to say that the pain has reduced by half and he is beginning to walk again and regain his strength once more."

- Eliza, United States

Follow the Health Plan as recommended for the best results:

JUVENILE ARTHRITIS PLAN

The following health plan is designed to provide relief for juvenile arthritis and improve the autoimmune condition in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection**- Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Capsule As An Alternative To Active Life

- **MaxiVision** - Contains 34 super nutrients. Provides healthy antioxidant function and relief from anti-aging. Take 4 capsules daily.

Other Recommended Products

- **D-Ribose Plus** - Take 5 teaspoons x 3 drops per day in water. This is essential to restore energy in those completely lacking in energy.
- **UB8Q10 Ubiquinol** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Multiple Sclerosis

What Is Multiple Sclerosis?

Multiple Sclerosis is considered a neurological disorder. The disease affects different parts of the central nervous system by destroying nerve coverings, called myelin sheaths. This destruction creates scar tissue known as plaque; plaque soon destroys and hardens nerves in what is known as "sclerosis."

What Causes Multiple Sclerosis?

Multiple Sclerosis is an autoimmune disorder, meaning that the condition occurs when white blood cells attack myelin sheaths as foreign invading substances. When these cells attack, it causes a noticeable imbalance as cells separate from and attack the body. As mentioned above, scar tissue will start to develop on the myelin sheath.

It is now considered by many researchers that numerous diseases are actually autoimmune problems where there is an underlying infection (usually a virus) left over from many years earlier that causes an immune dysfunction. The interesting thing is many people have changed their diet to my Really Healthy Foods plan and cleared these problems. The Multiple Sclerosis Health Plan works for most people in 30 to 90 days.

Even cancers are now thought to have a virus (and in some cases a fungus) as their cause. Therefore, the Multiple Sclerosis Health Plan will help the body to restore a healthy functioning immune system. This may be on the yearly "spring cleaning" list for those who plan to be healthy. My wife and I use this plan at least twice per day just to be safe.

Multiple Sclerosis FAQ

Q: My son recently told me that he got Multiple Sclerosis (MS). He is taking a good multivitamin, amino acids, and lecithin. He is having trouble with one of his eyes and feeling really tired. Can you help please?

A: The Multiple Sclerosis Health Plan should clear it in around 4-8 weeks.

"Robert, I have been taking Serranol now coming up to two months and also commenced Krill Oil which replaced my intake of orac omega supplements. I have also made alterations to my diet making it all more alkalizing as suggested by yourself. I have been focused on doing yoga 3 to 6 times per week. I can see significant benefits to my wellbeing which includes a reduction in my MS symptoms. Many thanks."

- Sarah S.

Follow the Health Plan as recommended for the best results:

MULTIPLE SCLEROSIS PLAN

Read the Multiple Sclerosis health plan below to find out how to recover your condition and how following a naturally healthy lifestyle and the supplement regime below can help you to find relief for MS.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **B4 Health Spray** - Supports healthy homocysteine levels and the immune system. Take 4 sprays x 4 times a day.
- **Vitamin D3/K2 Spray** - Supports a healthy immune system. Take 4 sprays x 4 times daily.
- **Hemp Oil** - Needed to regenerate the myelin sheath and supports the proper functioning of the nervous system. Take 1-2 tablespoons daily.

OR

- **The Krill Miracle** - This combines a unique formulation of antioxidants in the form of Omega 3, 6 and 9 oils. Offers protection for cell membranes and boosts the immune system, amongst its other health benefits. Take 1-2 capsules daily with food.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons per day.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Capsule As An Alternative To Active Life...

- **MaxiVision** - Contains 34 super nutrients. Provides healthy antioxidant function and relief from aging. Take 4 capsules daily.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infections and maintains a balanced immune system.
- **Essential Digestive Plus** - Ensures the proper digestion of food. Take 1 capsule, 3 times daily before food.
- **UB8Q10 Ubiquinol** - 8x more effective at restoring cell energy than CoQ10. Take 2 capsules x 2 times a day with food for 1 month.

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Rheumatoid Arthritis

What Is Rheumatoid Arthritis?

In rheumatoid arthritis, the joints are primarily affected by inflammation, although other parts of the body, including the organs, can be affected too. Middle age women are diagnosed more often. However, RA can occur at any age, and in children, it is called juvenile arthritis (JA).

What Causes Rheumatoid Arthritis?

This is a condition where the immune system attacks an infection in the body, causing inflammation and residual damage.

Rheumatoid Arthritis FAQ

Q: Any suggestions for Rheumatoid Arthritis? Also, what is the best immune strengthener?

A: Use the Rheumatoid Arthritis (RA) Health Plan. See 1st Line and D.I.P. for immune system support—also an important part of the RA plan.

"I continue to feel so much better, and have more energy and strength to cope with what little pain that I still have after suffering with Rheumatoid Arthritis (I have minimal swelling of my joints now. Everyone comments on this with surprise). Thanks."

- Clare P.

"I have been taking Serrapeptase since the 12th April, and as a typical Yorkshire girl, I will use them before ordering anything else. So far, I have found that taking these tablets has stopped my ankles from swelling, and I have started to feel more energetic than I have done for months. Hopefully, the arthritis and the ligaments will improve over the next few months. Thank you."

- Josie

Follow the Health Plan as recommended for the best results:

RHEUMATOID ARTHRITIS PLAN

The below health plan has been devised to help your rheumatoid arthritis and to improve your condition by following a supplement regime and a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Capsule As An Alternative To Active Life

- **MaxiVision** - Contains 34 super nutrients for healthy antioxidant function and relief from anti-aging. Take 4 capsules daily.

Other Recommended Products

- **UB8Q10 Ubiquinol** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **D-Ribose Plus** - Take 5 teaspoons x 3 drops per day in water. This is essential to restore energy in those completely lacking in energy.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Sarcoidosis

What Is Sarcoidosis?

Sarcoidosis occurs when inflammatory cells overgrow throughout the body, most often in the lymph nodes, lungs, eyes, and skin.

What Causes Sarcoidosis?

When the immune system fights off infection, it releases white blood cells to isolate and eradicate germs. This process creates inflammation, marked by redness and swelling, in surrounding tissue.

The inflammation reacts to any foreign substance in the blood and will calm down again after the infection clears. Medical professionals believe that sarcoidosis occurs when the immune system is in overdrive, causing the body to attack its own healthy tissue and organs. This results in inflammation and the development of granulomas on the organs.

Sarcoidosis FAQ

Q: I had Sarcoidosis for years that left scarring in my lungs, and I lost flexibility in my lower lungs. Since then, it went into remission, but they say I have asthma and COPD now, and I'm on oxygen 24/7. I need to know if Serrapeptase will help me get back to work and back to life. Thank you.

A: Read my Sarcoidosis-Autoimmune Inflammatory Health Plan for more information about my recommendations for sarcoidosis.

"Dear Robert, Serrapeptase truly is the 'miracle enzyme.' I have been taking Serrapeptase for about eight months and just recently I tried Blockbuster. It is also amazing. I have two auto-immune diseases - sarcoidosis and raynaud's. The sarcoidosis is mainly in my lungs and sinuses. Serrapeptase has helped more than anything else with my breathing problem."

- Hilda

Follow the Health Plan as recommended for the best results:

SARCOIDOSIS HEALTH PLAN

Find relief for sarcoidosis by following the health plan below, which includes both a supplement regime and a naturally healthy lifestyle for best results.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy immune system - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **SerraEnzyme 250,000IU** - SerraEnzyme Serrapeptase, clears any inflammation, mucus and scarring. Take 2 capsules x 4 times a day, 30 minutes before eating a meal with water and reduce to 1 x 3 after a good relief.
- **Curcuminx4000** - Take 2 capsules x 3 times per day, 30 mins before eating a meal with water and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **GlycoBoost** - Contains Glyconutrients and L-Glutamine. Supports the growth of beneficial healthy gut bacteria and promotes healing in the digestive tract. Take 2 teaspoons daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic -** This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life -** This delivers a full spectrum of 90 liquid, highly absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Capsule As An Alternative To Active Life

- **MaxiVision** - Contains 34 super nutrients for healthy antioxidant function and relief from anti-aging. Take 4 capsules daily.

Other Recommended Products

- **D-Ribose Plus** - Take 5 teaspoons x 3 drops per day in water. This is essential to restore energy in those completely lacking in energy.
- **UB8Q10 Ubiquinol** - Take 2 capsules x 3 times per day with food, for up to 1 month. This is 8x more effective than CoQ10 at restoring cell energy.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.

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ADHD

What Is ADHD?

Attention Deficit Hyperactivity Disorder, also called ADHD, is a neurodevelopmental psychiatric disorder characterized by issues in hyperactivity, attention, and impulsivity that is not age-appropriate. Symptoms must be observed from the ages of 6 to 12 for more than six months in order to warrant a diagnosis. ADHD in children of school-age can cause poor academic performance.

"My son is beginning to settle in class a lot more these days and he seems a lot calmer when he comes home from school. I was at my wit's end trying to find an answer – who knew it could be so simple as his diet and taking the right nutrients to feed the brain? Thank you, thank you for all that you do..."

- Jane, Sheffield

What Causes ADHD?

ADHD may be caused by infection, unnatural foods, missing nutrients, and low levels of probiotics in the diet.

ADHD FAQ

Q: Could you tell me please what foods (diet plan) a child of 7 should be eating who has Attention Hyperactivity Disorder Syndrome? I have recommended no fizzy drinks or drinks containing tartrazine and to keep to water. Any recipes/ ideas would be most welcome. Thank you.

A:

- Prescript-Assist - 1 capsule broken in two and mixed with a little food, morning and afternoon.
- Essential Digestive Plus - Take 1 capsule mixed with any processed or cooked foods.
- Follow basic food and health plans in this book.

Follow the Health Plan as recommended for the best results:

ADHD HEALTH PLAN

The following plan is designed to help provide relief for ADHD and its associated symptoms.

Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **BrainPower** - Contains curcumin, coconut oil and DHA. Coconut oil support healthy brain cells by providing MCTs (medium-chain triglycerides), creating essential fuel for the brain. It is rich in Lauric acid and has strong anti-microbial properties. Take 1 tablespoon mixed with food, such as avocado; chew very slowly until it cannot be chewed any more and then swallow. Do this 3 times over the day. It can be taken at meal times or between meals.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. - Take 2 x 2 times per day for 2 weeks and then drop to 1 per day. Supports the gut and the immune system.
- **Active Life** - Take 15ml x 2 times per day. Contains 90 sublingual vitamins and minerals, including Selenium and Chromium which are designed to support the immune system.
- **Rosavin** - Take 1 capsule, 2-3 times daily. Provides therapeutic benefits for ADD and ADHD.
- **Lithium Balance** - Take 2 tablets, 2-3 times daily. Supports healthy mental responses and supports ADHD.

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Alzheimer's Disease

What Is Alzheimer's Disease?

Alzheimer's disease is the most common type of dementia.

What Causes Alzheimer's Disease?

It is thought to be caused by atrophy to parts of the brain, which damages the structure of it and how it works. There is no precise known cause as to why it happens, but along with certain risk factors such as age, family history, Down syndrome and even whiplash, it's possible that cardiovascular disease can increase the risk of Alzheimer's. Certain lifestyle factors such as smoking, obesity, diabetes, along with high blood pressure and cholesterol levels can all increase the risk of the disease.

It is now being called Diabetes 3 as foods and drinks that create high blood sugar glucose are considered to be a prime cause.

"I am on a group forum for Alzheimer's Disease. You have been such a help in getting my husband on the right supplements. He is taking everything you recommended and is doing well. As always, I do appreciate you. Thank you so much, Robert."

- Jeanne

Follow the Health Plan as recommended for the best results:

ALZHEIMER'S DISEASE HEALTH PLAN

The following plan is designed to provide relief for Alzheimer's symptoms when following the supplement regime below and combining it with a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **BrainPower** - Contains curcumin, coconut oil and DHA. Coconut oil support healthy brain cells by providing MCTs (medium-chain triglycerides), creating essential fuel for the brain. It is rich in Lauric acid and has strong anti-microbial properties. Take 1 tablespoon mixed with food, such as avocado. Chew very slowly until it cannot be chewed any more and then swallow. Do this 4 times over the day. It can be taken at meal times or between meals.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nattokinase** - Take 1 capsule, 3 times a day with the Serranol. Clears inflammation and dead cells. Studies show it can help in the relief of Alzheimer's Disease.
- **Lithium Balance** - Supports healthy mental responses, balances chemical responses, and is a known anti-aging nutrient for the brain. Take 2 tablets, 2-3 times daily.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **B4 Health Spray** - Supports healthy homocysteine levels, gives a healthy boost to the immune system and improves the absorption of B12. Take 6 sprays daily.
- **The Krill Miracle** - Contains concentrated Omega 3, 6 and 9 oils that support brain memory and the learning process. Take 2 capsules, 2-3 times daily. If vegetarian, see the Hemp Seed Oil in the Other Recommended Items section.
- **UB8Q10 Ubiquinol** - Take 2 softgels, 2-3 times daily. This is 8x more effective than CoQ10 at restoring cell energy.
- **L-Carnitine/Q Gel Formulation** - L-Carnitine promotes cell growth and fights free radicals. Take 2 capsules, 2-3 times daily.
- **Alpha Lipoic Acid-R** - Take 2 capsules per day (200x better absorbed than Alpha Lipoic Acid). Works as an antioxidant to slow the progression of Alzheimer's disease.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Naturally Better Vitamin E** - Studies show that it may help to reduce functional decline in patients with mild to moderate Alzheimer's Disease. Take 2 x 3 capsules a day.

Other Recommended Products

- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take this to help with any digestive issues, compromised absorption of nutrients or if you have a long-term tummy problem. Take 2 capsules, twice per day. It can be taken with or without food and can also be opened and mixed with food.

As A Vegetarian Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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Autism

What Is Autism?

Autism is a neural development disorder with symptoms of impaired verbal and non-verbal communication and social interaction, as well as repetitive, restrictive behavior. Symptoms must be present in a child before the age of three for a diagnosis to be made.

What Causes Autism?

Autism alters nerve cells and their synapses to disrupt information processing in the brain. However, this process is not fully understood. Autism is one of three main disorders on the autism spectrum, including Asperger's Syndrome marked by cognitive and language developmental delays and Pervasive Developmental Disorder that may be diagnosed when Asperger's and autism criteria are not met.

Autism FAQ

Q: Hi Robert, I have a son with autism. He is already doing the diet without milk and gluten-free, but continues his gut dysfunction (sometimes diarrhea, sometimes constipation)—also did not sleep well and of course has many other problems associated to ASD. He is only three years old and about 20 kg...Any suggestions?

A: Your son needs this initially to clear up his digestive problems and start his recovery process.

• Prescript-Assist - Take 1 capsule opened and mixed with a little food x 2 times per day.

• Once he is stable, he needs 1 capsule every 2-3 days.

If you want my help to clear his autism, then come back to me any time.

"I have followed your health plan for my autistic son for the past few months and have been amazed by the difference I've seen in him. He is taking the Prescript-Assist once a day and the Relaxwell twice daily. Along with the Organic Coconut Oil and following a really healthy diet, I have noticed some small improvements in him. It's still early days but I have faith that if I persist with this plan, he will begin to improve."

- Julie, Lincolnshire

Follow the Health Plan as recommended for the best results:

AUTISM HEALTH PLAN

The following health plan is designed to provide relief for autism. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve autism symptoms, so as to achieve overall good health in the long-term.

Your 4-8 Week Plan, From my eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Studies show the brain is affected positively by this. Take 2 capsules for the first 30 days. Then take 1-2 capsules for maintenance.
- **Serranol** - Serrapeptase/CurcuminX4000/Ecklona Cava/Vitamin D3 are awesome ingredients for digestive and brain health that can be opened and mixed with apple puree if needed. Studies show the brain is affected positively by this. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Relaxwell** - Helps with the anxiety that change causes and provides a more relaxed sleep. Take 1-2 capsules per day. The last one can be taken at bedtime. Open and mix with a little apple puree.
- **Organic Virgin Coconut Oil** - Use in your cooking daily. It has effective MCTs (medium-chain triglycerides) renowned for their immune benefits and energy enhancing effects. Mixing with avocado and cacao (chocolate) powder is best.
- **Hemp Oil** - Contains concentrated Omega 3, 6 and 9 oils that support brain memory and the learning process. Take 1 teaspoonful in the mouth or in food, 2-3 times daily.
- **Ancient Minerals Magnesium Oil Lotion Ultra** - Restores cellular magnesium levels and alleviates stress while improving mood. Massage into head and main muscles daily or bathe in ULTRA Bath Crystals.

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Depression

What Is Depression?

Depression is characterized by poor mood and activity aversion, which can affect behavior, thoughts, emotions, and overall wellbeing. Symptoms of depression include feeling empty, anxious, sad, hopeless, worried, worthless, guilty, irritable, restless, and helpless.

Depression may cause a person to lose interest in once-pleasurable activities, overeat or experience a loss of appetite, have difficulty making decisions or concentrating, and even contemplate or attempt suicide. Other symptoms include fatigue, excessive sleeping, insomnia, aches, pains, and digestive issues.

What Causes Depression?

A state of depression may be a normal reaction to traumatic life circumstances, some medical conditions, or medication side effects. Depression can also be a primary or associated psychiatric syndrome, like clinical depression.

Depression FAQ

Q: Hello, Could you please recommend the most efficient product for extreme irritability, stress, and coming and going depression? The irritability is the most concern. I am 46. Thank you in advance.

A: This is easy to fix, but you need to follow the plan carefully:

• Relaxwell - 1 capsule x 3 times per day

• Rosavin - 1 caps x 2 per day

• SAM-e Plus+ - 1 x 3 times per day

It is also important to stop all grains and cereals (bread, pastry, biscuits, cereals, cookies, pasta, etc.).

"I had been feeling down for a long time and didn't think the fog of my depression could ever be lifted. I was beginning to think about giving up, although I felt like I had no choice, I knew I couldn't quit my job or walk out as I had bills to pay.

I was feeling as though the world was getting on top of me and wondered whether it was worth getting up in the mornings. I knew this wasn't a normal feeling, and I began to look into different ways of recovery. I decided to try your recommendations of the Calcium, Magnesium and Potassium Plus, along with the HySorb Q10 and the Sleep Well.

The fog seems to be finally lifting after just two weeks, and I'm getting much better. At last there is a light at the end of the tunnel...."

- Jane, Birmingham

Follow the Health Plan as recommended for the best results:

DEPRESSION HEALTH PLAN

The following health plan is designed to provide relief for depression. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve depression, so as to achieve overall good health in the long-term.

Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **Calcium, Magnesium and Potassium Plus** - Take 3 capsules, 2-3 times daily. Reduces the symptoms of depression.
- **HySorb Q10** - Take 1 capsule, 3 times daily. Stimulates the immune system and provides energy.
- **Rosavin** - Take 1 capsule, 2-3 times daily. Relieves fatigue and stress.
- **Sleep Well** - Take 6 sprays daily. Contains Vitamin B3 (Niacin) and a proprietary blend of 5-HTP, Melatonin, Valerian Root, Passiflora, Hops, MSM for reducing anxiety and insomnia.
- **Relaxwell** - Helps with the anxiety that change causes and provides a more relaxed sleep. Take 1-2 capsules per day. The last one can be taken at bedtime. Open and mix with a little apple puree.
- **Sam-E Plus+** - Take 2 vegetarian Delayed Release capsules, 2-3 times daily. Balances stress and emotional imbalance.
- **NatraGest** - Apply 1/4 to 1/2 teaspoon to skin every day. Regulates hormonal levels.
- **Magnetic Clay Bath** - Use 1 set for baths using 2 ½ cups of clay or more. The spices and herbs are known to help various symptoms that are present with metal and chemical poisons, such as digestive problems, parasites in the body, depression, etc.
- **Lithium Balance** - Take 2 tablets, three times daily. Supports healthy mental and balanced chemical responses.

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Epilepsy

What Is Epilepsy?

Epilepsy consists of a number of long-term neurological disorders marked by epileptic seizures. A seizure may range from mild to severe, such as a long period of noticeable seizing or shaking. Epileptic seizures are often recurring and have no known cause, other than cereals and grains. Seizures with a known cause are not thought to be epilepsy.

What Causes Epilepsy?

In most cases, the cause of epilepsy is unknown. In some cases, epileptic seizures may be related to brain trauma, stroke, brain cancer, or drug and alcohol abuse. Epileptic seizures occur due to abnormal, excessive cortical nerve cell activity in the brain. Diagnosis of the condition must start by ruling out other seizure-causing disorders. Epilepsy may be diagnosed with the use of an electroencephalogram.

Epilepsy FAQ

Q: Does Serranol work for epilepsy as a result of scar tissue, from removing an abscess in the right hand side frontal lobe?

A: Use Serranol 2 caps x 3 times per day. Stop all (yes, zero) starchy carbs using the health food plan in this book.

"I have had epileptic fits for a while and I'm always cautious around anything that might act as a potential trigger. I often get a headache and feel dizzy which is then accompanied by severe nausea... not a pleasant experience but something I had gotten used to. I was looking for a more natural solution to help relieve these symptoms as my doctor was continuing to dish out meds to me when I felt them unnecessary, having complained to him previously about the side-effects. I began taking your advice and started on the BrainPower and Serranol, as well as following the healthy diet and lifestyle plan.

I have noticed that I'm much calmer; attacks are less frequent, if any; and I feel like I can go about my day without having to worry so much. Thank you!"

- Judy, Somerset

Follow the Health Plan as recommended for the best results:

EPILEPSY HEALTH PLAN

This Health Plan includes all of the steps required to provide relief for Epilepsy. The plan is all of the steps to accomplish the relief – but the **KETOGENIC DIET (THE REALLY HEALTHY FOODS DIET) FIRST IS CRITICAL. START FIRST WITH THE KETOGENIC DIET OR DO NOT START AT ALL.**

Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **BrainPower** - Take 1 tablespoon mixed with food, such as avocado. Chew very slowly until it cannot be chewed any more, then swallow. Do this 4 times over the day. It can be taken at meal times or between meals. Contains curcumin, coconut oil and DHA. Coconut oil support healthy brain cells by providing MCTs (medium-chain triglycerides), creating essential fuel for the brain. It is rich in Lauric acid and has strong anti-microbial properties.
- **Serranol** - Take 2 capsules x 3 times per day, 30 minutes before eating a meal, with a glass of water and reduce to 1 x 3 after a good relief. Serranol contains Serrapeptase, Curcumin, Ecklonia Cava and Vitamin D3 which will help to clear the inflammation.
- **Taurine Spray** - Take 5 sprays under the tongue x 3 times daily. Numerous studies show a lack of Taurine to be a key factor in epilepsy.
- **Lithium Balance** - Take 2 tablets, 2-3 times daily. Balances chemical responses and provides anti-aging nutrients for the brain.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **B4 Health Spray** - Take 6 sprays daily. Contains B vitamins and supports healthy homocysteine levels and the immune system.
- **The Krill Miracle** - Take 2 capsules, 2-3 times daily. Provides Omega 3, 6 and 9 oils that can boost concentration, memory and learning.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Naturally Better Vitamin E** - Take 2 capsules, 2 -3 times daily. Studies show that it may help to reduce functional decline in patients with mild to moderate problems.

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Headache and Migraine

What Is a Headache, and What Causes It?

A headache is pain experienced anywhere in the head or neck. A headache may be a symptom of a number of different head and neck conditions. While brain tissue itself is not susceptible to pain as it lacks pain receptors, pain in the head or neck may be caused by disturbance in pain-sensitive structures around the brain.

Pain-sensitive structures are located in nine areas of the head and neck, including the cranium, nerves, muscles, subcutaneous tissue, arteries and veins, eyes, sinuses, ears, and mucous membranes.

Headaches can be classified in a number of different ways, though the most popular classification system is that used by the International Headache Society. A headache is a non-specific symptom that may have a number of different causes. Treatment will depend on the underlying cause and will often require analgesics.

"FYI, one 80,000IU Serrapeptase capsule per day has kept my husband's severe sinus headaches away for five weeks. He only had one headache, and he used to have multiple headaches each week. My daughter also had multiple migraines a week and now has only had one in five weeks using one 80K per day. Great product!"

- S.H., United States

What Is a Migraine, and What Causes It?

A migraine is different from a headache in that it is a chronic neurological disorder. It is marked by recurrent moderate to severe headaches that may be associated with different autonomic nervous system symptoms.

A migraine sufferer will experience pulsing, throbbing pain, normally on one side of the head. Symptoms like vomiting, nausea, and extreme light and sound sensitivity may also occur, lasting from four hours to three days. Migraine headaches are easily misdiagnosed as sinus or tension headaches but may interfere with sleep, work, and everyday activity at their most severe. Migraines can occur rarely, such as biannually or annually, or up to several times a week. Other causes of migraines may include hormonal fluctuations, infection, unnatural diet, missing nutrients, and low levels of probiotics.

Follow the Health Plan as recommended for the best results:

HEADACHE AND MIGRAINE HEALTH PLAN

The following health plan is designed to provide relief for migraines and headaches. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve migraines and headaches, so as to achieve overall good health in the long-term.

Your 4-8 Week Plan, From my eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **SerraEnzyme 250.000IU** - Take Serrapeptase Enzymes as recommended to relieve pain and inflammation. Suggested Formula: SerraEnzyme 250,000IU – Take 1 capsules x 4 times daily.
- **HealthPoint™** - Use daily for best results. Treatment with HealthPoint™, an electro-acupressure device, has proved to be as highly effective as acupuncture in treating migraine/headache problems. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of related problems (see www.dovehealth.com).
- **Seek Professional Help** - Obviously help by a health professional such as a chiropractor, osteopath or physiotherapist should be sought immediately, to make any neck adjustments (1-3 treatments should be effective).

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Memory

What Is Memory Loss?

As we age, it's normal to forget things more easily. Memory loss can vary from forgetting something that happened just a few moments ago to a more memorable event that happened a long time ago. There are many different types of memory loss and a wide variety of causes as to why this could happen. Memory loss differs from dementia in that a person with dementia won't usually be aware of their memory loss or could even deny it.

What Causes Memory Loss?

The most common causes of memory loss are anxiety, stress, and depression. Otherwise, it could be caused by a head injury, such as after a car accident or after a stroke, which cuts off the blood supply to the brain and causes brain tissue to die. Other less common reasons for memory loss include an underactive thyroid, long-term alcohol misuse, bleeding in the brain (i.e. a subarachnoid haemorrhage), a Vitamin B1 deficiency, problems with blood flow to the brain, a brain tumour, or a stressful or traumatic event that causes a person to block out the memory.

"My MS follows a pattern of relapses and remissions. During the relapses I suffered double vision, stiffness, numbness, loss of balance, loss of bladder control, impaired use of my arms and legs, fatigue, poor concentration, loss of memory and depression. During one of the relapses, in June 2003, I started to take Serrapeptase.

I now feel brilliant. Everything has improved. Since last June I have had no relapses, the tightness in my spine that indicates the presence of MS has gone, as have the constant pins and needles in my fingers. My balance has improved and what is perhaps best of all, the old confident pre-MS me has returned."

- Maureen Rooney

Follow the Health Plan as recommended for the best results:

MEMORY LOSS HEALTH PLAN

The following plan is designed to provide a boost for your memory health.

Your 4-8 Week Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **Serranol** - Take 1 capsule, 3 times daily. Serranol supports healthy blood flow and circulation to the brain.
- **Curcuminx4000** - Take 3 capsules, 3 times daily. Curcumin is an antioxidant with powerful benefits for brain health. This is because curcumin can cross the blood brain barrier, meaning it has the potential to treat a range of neurological disorders.
- **Relaxwell** - Take 2 capsules, 30 minutes before sleep. Promotes relaxation and healthy cortisol levels.
- **ReFocus Vinpocetone** - Take 2 capsules, 2-3 times daily. Contains Vinpocetine that can boost brain health.
- **Gingko Biloba** - Take 2 capsules, 2 times daily. Helps with memory loss. Increases blood vessel elasticity and supports better blood flow to the brain.
- **Lithium Balance** - Take 2 tablets, three times daily. Supports healthy mental and balanced chemical responses.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Parkinson's Disease

What Is Parkinson's Disease?

Parkinson's disease is a degenerative central nervous system disorder. Parkinson's disease symptoms occur after the death of dopamine-generating cells in the midbrain. Some of the most apparent early symptoms are related to movement and include rigidity, shaking, and difficulty walking. As the disease advances, cognitive and behavioral issues may develop to include depression and sleep, emotional, and sensory problems. Parkinson's disease is most common in older adults, normally diagnosed after the age of 50.

What Causes Parkinson's Disease?

The disease occurs when alpha-synuclein proteins accumulate into Lewy body inclusions in neurons. Lewy bodies are the pathological marker of the disorder, along with insufficient dopamine formation and activity in parts of the midbrain. While there is no known cause of the disease, researchers believe that genetic and environmental factors contribute. Parkinson's disease diagnosis normally takes place after symptoms are observed; the disease can be confirmed using neuroimaging.

"I was experiencing many of the symptoms associated with Parkinson's Disease. Some mornings I could barely get out of the bed, and my stiff and inflexible muscles really made it feel like a chore. The tremors are still here, but since following your health plan that you recommended to me and because I've been taking the Serrapeptase, I have noticed an improvement in my condition. I have less pain and stiffness in my joints, and the tremors are becoming less frequent... they are still there, but there is a difference. Thank you for the blessing that is Serrapeptase."

- Joan, West Yorks, UK

Follow the Health Plan as recommended for the best results:

PARKINSON'S DISEASE HEALTH PLAN

The following health plan is designed to provide relief for Parkinson's Disease. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve Parkinson's Disease, so as to achieve overall good health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - You can take a single dose to clear any low level infection remaining in the cells. Or, take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow. (Studies show even Parkinson's may be an autoimmune problem.)
- **Serranol** - For inflammation, healthy arteries and brain support, 2 x 3 times per day, 30 mins before eating with water and then reduce to 1 x 3 after definite improvement.
- **UB8Q10 Ubiquinol** - Coenzyme Q10 but 8x stronger than standard Q10. Take 2 with breakfast and 2 with dinner (you may be aware of the studies on COQ10).
- **Brain Power** - Contains Coconut Oil/Curcuminx4000 and DHA to support healthy brain cells. Take 1-2 tablespoons daily.
- **Vitamin D3-K2 Spray** - For healthy brain circulation. Take 4 sprays, 2-3 times daily.
- **Lithium Balance** - Take 3 tablets, 2 times per day. Supports healthy mental responses and is an anti-aging nutrient for the brain.
- **Astaxanthin** - Take 2 with breakfast, 2 with lunch and 2 with dinner. This is a powerful antioxidant which can enhance energy and metabolism, while supporting brain health.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Liver Balance Plus** - You likely need to rescue the liver and kidneys in the next month after recovery has taken place. The liver and kidneys are essential parts of ongoing good health. Take 3 tablets daily.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Senile Dementia

What Is Senile Dementia?

Senile Dementia, also known as Vascular Dementia, Leukoraiosis, or Lewy Body Dementia, is the name given to people who have dementia and other cognitive symptoms related to memory and thinking. This can cause problems with everyday memory, making it more difficult to recall events that happened quite recently. Other problems can include language difficulties during conversation, where suddenly it becomes hard to find the right word to say, for example.

If you or the affected person has problems judging distance, visuospatial skills may be impacted. Other symptoms include losing track of the day or date or even becoming confused about who people are. It's typical for a person who has dementia to have frequent mood changes, i.e. feeling irritable or frustrated, anxious, withdrawn or upset.

What Causes Senile Dementia?

There are numerous diseases that can result in dementia. The most common are Alzheimer's Disease, Vascular Dementia, Mixed Dementia, Dementia with Lewy Bodies, and Frontotemporal Dementia, to name just a few. There are also various studies and a mounting body of evidence to suggest that nutrition and lifestyle play an important part in its formation. My recommendation is that you avoid all starchy carbohydrates and refined sugars and follow my Senile Dementia Health Plan.

Senile Dementia FAQ

Q: What can you recommend to improve my father's senile dementia? We don't want to go down the route of drugs if it can be avoided as we are all too aware of the side effects that can occur. Any help is appreciated. Thanks.

A: I suggest following the Senile Dementia Health Plan, which includes Serranol, Nattokinase, B4 Health Spray, Nascent Iodine Drops, Krill Oil, and Alpha Lipoic Acid-R. Also include Active Life and Naturally Better Vitamin E, if possible. Make sure that you follow my naturally healthy lifestyle plan for best results. Let me know how he gets on.

"My mother had been diagnosed with dementia which was hard on all of our family in terms of care, etc. and getting her to recognize or remember simple names and objects we might refer to. It was upsetting, but I didn't trust what the doctors told me that it couldn't be improved.

I decided to do my own research and came across your site. By taking your advice and following your health plan which we discussed, I have seen some good changes in my mother's mental health. She is beginning to recall names again, it is a slow progress but I can finally say there might be a light at the end of the tunnel. I'm not expecting miracles, but with these healthy changes I can see her dementia becoming more manageable in the long-term. Thank you!"

- Elizabeth, Kent

"Mr. Redfern... You're a GEM. Thank you for ALL your help!!!!"

- Cynthia

Follow the Health Plan as recommended for the best results:

SENILE DEMENTIA HEALTH PLAN

The following plan is designed to provide relief for symptoms when following the supplement regime below and combining it with a naturally healthy lifestyle.

Your 4-8 Week Recovery Plan, From My eBook, Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nattokinase** - Take 1 capsule, 3 times a day with the Serranol. Clears inflammation and dead cells. Studies show it can help in the relief of Alzheimer's Disease.
- **B4 Health Spray** - Supports healthy homocysteine levels, gives a healthy boost to the immune system and improves the absorption of B12. Take 6 sprays daily.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **The Krill Miracle** - Contains concentrated Omega 3, 6 and 9 oils that support brain memory and the learning process. Take 2 capsules, 2-3 times daily. If vegetarian, see the Hemp Seed Oil in the Other Recommended Items section.
- **Alpha Lipoic Acid-R** - Take 2 capsules per day (200x better absorbed than Alpha Lipoic Acid). Provides antioxidants and supports blood sugar balance.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Naturally Better Vitamin E** - Studies show that it may help to reduce functional decline in patients with mild to moderate Alzheimer's Disease. Take 2 x 3 capsules a day.

Other Recommended Products

- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take this to help with any digestive issues, compromised absorption of nutrients or if you have a long-term tummy problem. Take 2 capsules, twice per day. It can be taken with or without food and can also be opened and mixed with food.

As A Vegetarian Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Sleep and Relaxation

What Is Sleep and Relaxation?

Sleep plays an important role in our overall health and wellbeing as it can provide you with many physical and mental benefits, including anti-ageing. Sleep encourages healthy brain function and supports emotional wellbeing. There is also evidence to suggest that sleep deficiency can cause chronic health problems in the long-term.

A good night's sleep can improve learning, studies show, and it can also balance moods and help you to cope with life situations better.

What Problems Are Associated with Sleep?

Relaxation is of primary importance if you want to get a good night's sleep. If you have problems getting a good night's sleep, you may have insomnia. This means you have difficulty sleeping and usually won't feel very refreshed the next morning, so it has a knock-on effect on your everyday activities.

Common symptoms of insomnia include difficulty falling asleep, waking up early in the morning, and waking up during the night, along with feeling irritable, tired, and unable to function efficiently the next day.

Other sleep problems include sleep apnea, which is a form of sleep disorder where breathing becomes shallow or infrequent during sleep due to air flow being blocked or prevented from entering the lungs because of an obstruction. Signs and symptoms include loud and heavy snoring, excessive daytime sleepiness, irritability, morning headaches, forgetfulness, changes in mood or behaviour, and even anxiety or depression.

Sleep apnea can usually be treated with weight loss and the use of mandibular advancement devices or nasal continuous air pressure (CPAP). Some people have also highlighted that Serrapeptase has helped them to find relief for their sleep apnea due to its inflammatory properties. Serrapeptase can break down any obstructions in the nasal passage, making it easier for oxygen to be delivered around the body.

What Can Be Done to Help with Sleep Problems?

There are certain things that can help to improve insomnia, including avoiding stimulants such as caffeine later in the day, avoiding eating heavy meals late at night, having a regular time to wake up, and finally, using thick curtains or an eye mask while you sleep to block out light and noise disturbances for a good night's rest.

"My husband has aortic valve stenosis and has been taking for about 6 months your recommended dose of 4 x 80,000 IU of the Serra Enzyme and 4 x BlockBuster twice a day morning and night. The doctor wants to replace a valve due to the fact that one of his arteries is 60% blocked, which would mean he would have to have a new catheterization test, which my customer says is very dangerous.

I believe the Serra Enzyme and Blockbuster are helping because one symptom my husband had before taking these was Sleep Apnea, which has 95% gone away."

- Celina E.

Follow the Health Plan as recommended for the best results:

SLEEP AND RELAXATION HEALTH PLAN

The following health plan is designed to help you relax and induce a good night's sleep. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve sleep and relaxation.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **Sleep Well** - Spray contains 5-HTP and melatonin. Reduces anxiety and insomnia, helping you get to sleep. Take 6 sprays under the tongue daily.
- **Relaxwell** - Take 2 capsules, 30 minutes before sleep. Promotes relaxation and healthy cortisol levels, and helps you stay asleep.
- **SAM-e Plus+** - Contains SAMe Tosylate for relieving depression and providing a healthy response to stress and emotional imbalance. Take 2 capsules, twice daily.
- **Ancient Minerals Professional Strength Magnesium Oil Spray** - Apply to skin daily. Magnesium chloride increases ATP cellular energy and 'de-stresses' and soothes the nervous system.
- **Calcium, Magnesium and Potassium Plus™** - Reduces the symptoms of depression and insomnia. Take 3 capsules, twice daily.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Stress/Anxiety

What Are Stress and Anxiety, and What Is the Cause?

Stress is caused by anxiety and how the mind and then the body reacts to the thought processes associated with it. Feelings of stress occur when we feel overwhelmed or afraid and can't cope with the pressure associated with it.

This is a normal fight-or-flight response that has been hardwired into our brains to ward off any perceived threats to our survival. We can reduce our stress and anxiety levels by diaphragmatic breathing and learning how to change our perception of events.

Taking time out during the day to practice 10 minutes of relaxation points and regain appropriate focus on the tasks ahead, while getting a good night's sleep, can also be beneficial.

Stress FAQ

Q: Lately, I have been feeling that everything has just become too much for me. Work has been laying it on really thick, and my child has been ill for the past few weeks, so I have been going all over the place, and it's been getting on top of me. I hate to feel like the victim, but I have never felt so stressed in my life, and it is making me feel slightly depressed. Is there anything you can recommend to me so that I can cope with my stress better? Thanks.

A: Yes, it's vital that you learn deep breathing exercises so that you are getting oxygen into your system; this can help to relax your nervous system and control stressful thoughts and feelings better. My Stress and Anxiety Health Plan can also help you to manage stress and relax. Relaxwell is the main product I recommend for this as it contains L-Tryptophan and L-Theanine, which can support effective relaxation and help you to manage your stress levels to feel more rested and prepared for whatever life throws at you as a result.

"Yesterday evening, I saw my eldest daughter. I was impressed with how happy she sounded. My daughter is a nurse who works ten hour days, often well into the evening, so is usually feeling tired. I mentioned to her how glad I was to see that her consistent fatigue had gone.

'Dad I owe it all to you,' she said. 'Ever since last week when I came to visit with you, my life has changed. ' Thank you, Robert Redfern, for giving my daughter back her life and freeing her of stress and fatigue."

- Gene M.

Follow the Health Plan as recommended for the best results:

STRESS/ANXIETY RELIEF HEALTH PLAN

The following health plan is designed to provide relief for stress and anxiety by clearing damaging cortisol. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to control stress and anxiety, so as to achieve overall good health in the long-term.

Your 4-8 Week Health Plan, From My eBook, by Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **Relaxwell** - Take 2 capsules, 30 minutes before going to sleep. Manages stress and produces effective relaxation.
- **The Krill Miracle** - Supports the immune system and improves mood. Take 2 capsules, 2-3 times daily.
- **HealthPoint™** - Use daily. Relieves stress by stimulating APPROPRIATE acupuncture points.
- **Lithium Balance** - A safe mood stabilizer, balances chemical responses. Take 2 tablets, 2-3 times daily.
- **SAM-e Plus+** - Provides powerful support for stress relief. Take 2 capsules, 2-3 times daily.
- **MaxiFocus Sublingual Spray** - Take 12 sprays daily. Supports healthy cells and body.
- **GlycoBoost** - Supports cognitive senses and positive moods. Take 1 scoop daily.

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Vertigo

What Is Vertigo ?

Vertigo is a type of dizziness that occurs when a person experiences an inaccurate perception of motion, like spinning, related to a dysfunctional vestibular system. Vertigo may cause symptoms like vomiting and nausea, as well as difficulty standing, walking, and balancing.

Vertigo can be categorized into three types:

1. Objective: A person senses that objects around them are moving.

2. Subjective: A person feels like they are moving.

3. Pseudovertigo: A person experiences intense rotation within their head.

Dizziness and vertigo are common medical problems that affect up to 30% of the population in people of all ages. Vertigo risk increases with age and may be two to three times higher in women. Vertigo is responsible for 2-3% of all emergency room visits.

What Causes Vertigo ?

Vertigo may be caused by benign paroxysmal positional vertigo, Ménière's disease, vestibular neuritis, or labyrinthitis, as well as a vestibular migraine or concussion. Consuming too much alcohol can also cause feelings of vertigo. Childlike spinning games can trigger short-term vertigo by disrupting fluid inertia in the vestibular system, also called physiologic vertigo.

"I have suffered for some time from the effects of sub-enal aneurysm. The long-term effects I have suffered are vertigo and tremors. At one point, the tremors were so bad the doctors thought it was Parkinson's disease. I have now suffered with these conditions for a long time and have tried Co Enzyme Q 10 and Pycnogenol, with limited success.

I was recommended by my pharmacist 'Denis the Chemist' to try Serrapeptase. After only 3 weeks at 3 capsules per day, I can honestly say I have never felt so good. My head is very clear, the tremor is going, and best of all, the vertigo has gone. I am really pleased that I can keep taking this for the rest of my life if necessary, and it cannot have any side effects. With grateful thanks."

- Rodney S.

Follow the Health Plan as recommended for the best results:

VERTIGO HEALTH PLAN

The following health plan is designed to provide relief for vertigo. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve vertigo, so as to achieve overall good health in the long-term.

Your 4-8 Week Health Plan, From My eBook, by Robert Redfern
Supplements to support a healthy brain and mind - in order of priority:

- **HealthPoint™** - Use daily on appropriate acupuncture points for best results. Treatment with HealthPoint™, an electro-acupressure device, has proved to be as highly effective as acupuncture in treating migraine/headache problems. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of related problems (see www.dovehealth.com). Use daily for best results.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 minutes before eating a meal with water and then reduce to 1 x 3 after a good relief.
- **MSM+ Silver™ Drops** - Clears any ear infection that may be the cause of the problem. Take 4 drops in each ear, 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Cancer

What Is Cancer?

Cancer includes a large number of diseases marked by unregulated cell growth, referred to in the medical community as malignant neoplasm. Cancer occurs when cells divide and grow out of control to form malignant tumors; these cells spread and invade other parts of the body. While not all tumors are cancerous, benign tumors do not spread and invade nearby tissue.

What Causes Cancer?

The exact cause of cancer is not known or fully understood. There are a number of factors that increase the risk of cancer, including diet, smoking, certain infections, radiation exposure, lack of exercise, obesity, and environmental pollutants. These factors may damage genes or exacerbate existing genetic issues to result in cancerous mutations. 5 to 10% of all cancers can be traced back to genetic defects; genetics may increase risk but do not directly cause cancer.

Other than missing essentials minerals, such as Selenium and Iodine, the prime factor in cancers is a diet containing high levels of starchy carbohydrates and other high sugar foods.

Cancer can often be prevented by making lifestyle changes, like not smoking; eating fewer cured or factory farmed meats; cutting out cereals, grains, high-sugar foods, and junk foods; maintaining a healthy weight; staying active; getting natural sunlight exposure; and supplementing with missing nutrients like vitamin D3, Iodine, and Selenium.

Cancer can be detected in a number of ways, and the earliest forms are detected with a blood test and/or thermographic imaging. It is wise to immediately start a natural health plan in this case. Cancer is usually medically treated with chemotherapy, radiation therapy, and surgery; if this route is chosen, then the natural health solution is even more critical.

The chance of cancer survival depends on diet and the stage of the disease diagnosed. Cancer can affect people of all ages, although some types are more common in children. As a general rule, cancer risk increases with age.

Cancer caused 13% of all deaths around the world in 2007, estimated at 7.9 million. However, cancer was responsible for close to 30% of deaths in Western countries that consumed an unnatural diet. Cancer rates are rising as people live longer and the mass junk food diet becomes more common in the developed world.

Cancer FAQ

Q: My 56-year-old brother has cancer of the liver, bowel, and lymph involvement. Do you feel he would benefit from taking Serrapeptase as chemo was unsuccessful, sadly? If, not, would you recommend something else that might slow the cancer?

A: If he has 3 months to live, then this plan is likely to be successful if it is strictly adhered to. The cure is in the detail.

"My sister in Canada used it for a painful lump under her right arm. After using a bottle of Serrapeptase she felt a lot better!

I recently got it for a lady (70 yrs) with breast cancer. She has had a hard mass in her right breast from working with chemicals for many years. She has been using Arimidex and started the Serrapeptase, taking 2 a day. There is lots of inflammation in her breast since it has become a hard mass. On a daily basis the fluid would drain off, sometimes with a bit of blood. After weeks of Arimidex only a very tiny area to the top started to dry up. Thank you so much for all your info and also thanks for answering my request."

- Florence S., Trinidad and Tobago

Follow the Health Plan as recommended for the best results:

CANCER HEALTH PLAN

The following plan is designed to aid the cancer recovery process. When the below supplements are taken along with a naturally healthy lifestyle, it's possible for the healing to begin, from the inside out.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support cancer health - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water.
- **Curcuminx4000** - Take 4 capsules x 3 times per day with the Serranol. Curcumin is a potent antioxidant that can relieve inflammation and help in the healing process.
- **Essential Digestive Plus** - Take 3 capsules x 4 times per day, 15 minutes before eating. Aids digestion and improves the absorption of essential vitamins and minerals.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 2 capsules x 2 times per day until clear and then drop to 1 every few days. Supports the gut, immune system, and assimilation of nutrients into the gut.
- **Graviola** - Take 3 x 3 times per day, but lower to 1 capsule x 3 if the person feels too sick with the rapid clearing of the cancer cells. This clears unhealthy cells.
- **MaxiVision** - Contains 34 super nutrients. This is the ultimate multivitamin/mineral designed to support overall health. Take 2 capsules x 2 times per day with food.

Alternative To MaxiVision...

- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

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Aortic Aneurysm

What Is Aortic Aneurysm?

An aortic aneurysm refers to a dilated aorta at more than 1.5 times normal size. There are a number of causes of an aneurysm, but the condition ultimately results in underlying weakness in the aortic wall.

An aortic aneurysm can cause pain at times, which is a sign of potential rupture. When aneurysm rupture occurs, it will cause a massive internal hemorrhage. Unless this is treated immediately, shock and death will take place within minutes to hours.

What Causes Aortic Aneurysm?

An aortic aneurysm is caused by a weakness in the collagen and smooth muscle that support the artery in the abdomen. This weakness is triggered by inflammation, unnatural diet, and weak muscles in the diaphragm. Surgery for the condition is dangerous and must be avoided, except for emergencies.

"I have been taking BlockBuster AllClear for a good while now and I've been amazed by the results. It has been a few months now since my aortic aneurysm and my heart and cardiovascular health is vastly improved since following the supplement regime and implementing a naturally healthy lifestyle."

- Barbara, Yorks

Follow the Health Plan as recommended for the best results:

AORTIC ANEURYSM HEALTH PLAN

The following plan is designed to provide relief after an aortic aneurysm. For best results, combine the supplement plan below with a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - Take 2 capsules x 3 times per day for 30 minutes before each meal, taking the last one before bedtime. Contains Serrapeptase, Nattokinase, Protease and Lipase. Blockbuster supports healthy arteries and a cardiovascular system, along with healthy blood pressure and circulatory system.
- **Altrient C** - Take 1 pouch x 4 times a day. Vitamin C is a powerful immune booster that can support healthy tissues and arteries.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Cardiac Disease

What Is Cardiac Disease?

Cardiac disease refers to a class of diseases that affect the heart and blood vessels, encompassing the veins, capillaries, and arteries. Risk factors for cardiovascular disease may include age, gender, tobacco use, high blood pressure, diabetes, family history, obesity, excess sugar consumption, sedentary lifestyle, and air pollution.

What Causes Cardiac Disease?

All cardiovascular diseases are caused by atherosclerosis. Atherosclerosis occurs when arteries narrow after a gradual buildup of fatty materials on arterial walls. As arteries narrow over time, blood that supplies oxygen can't make it to the heart. This can result in angina, with symptoms of discomfort or pain in the chest.

If a piece of atheroma breaks away from the arteries, it can create a blood clot. If a blood clot blocks a coronary artery, blood supply to the heart will be cut off. This can cause permanent damage to the heart muscle in what is known as a heart attack. If a blood clot blocking an artery travels to the brain, it can cut off blood supply to cause a stroke.

Cardiac Disease FAQ

Q: My husband has had problems with cardiac disease, especially his heart. He occasionally has some trouble with it from time to time. What can you recommend me to give him to initiate the healing process?

A: BlockBuster AllClear is recommended for heart problems, to be taken with the Serranol. OxySorb and HealthyFlow can also help. See my Cardiac Disease Health Plan for more information.

"I had 98% cranial blockage on the left-hand side of my brain. I bought one bottle of Blockbuster Allclear in August and one in September, and I took 3 in the morning and 3 in the evening. I just saw the doctor today, and after only two bottles of Blockbuster, I went from 98% cranial blockage to NO BLOCKAGE whatsoever! The nurse also told me that I had 'really good blood flow.' Needless to say, I'm ecstatic and going to celebrate my new found health."

- Maureen Dunifer

"Thank you most kindly, Robert! I have never been so excited over a product in my life as I am over Serrapeptase. I have been on it for two weeks, and it has taken my angina away. I have had heart issues most of my life. I'm 57 and have been on heart meds for 39 years. Can you imagine? The electrical part of my heart is faulty. The heart is good, but not its function. Not sure what the chest pain is all about, but Serrapeptase has stopped it. Also, my fatigue is improving. I used to be down in bed with Chronic Fatigue and Fibromyalgia. I have an alternative medical doctor that has helped some over the years. But... not as much as Serrapeptase has in two weeks! Hubby is on Serrapeptase too! He had the start of pneumonia, which he's prone to. In two days... Serrapeptase stopped it! He's fine now!

I praise God for you, your awesome book, and the products! I have been buying your book at various places and giving them to people to read! I totally believe in you and the product!"

- Diane

Follow the Health Plan as recommended for the best results:

CARDIAC DISEASE HEALTH PLAN

The following plan is designed to provide relief for Cardiac Disease by taking the following supplements and implementing a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - Take 2 capsules x 3 times per day for 30 minutes before eating and drop to 1 x 3 after 1 month (plan on 1-2 months). Contains Serrapeptase, Nattokinase, Protease and Lipase. Blockbuster supports healthy arteries and a cardiovascular system, along with healthy blood pressure and the circulatory system.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 1 capsule x 3 times per day with the Blockbuster.
- **OxySorb (Optional)** - Take 4 single sprays under the tongue over the day or before exerting yourself. (This is only needed if you have angina/breathing problems.)
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **UB8Q10 Ubiquinol** - Take 2 x 2 times per day with food for 1 month (then 1x2 for ever). This is 8x more effective than CoQ10 at restoring cell energy. This supports the heart muscle, supports heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Take 1 x 2 times per day. Contains Omega 3, 6 and 9 oils that support the reduction of heart damaging inflammation.

Other Recommended Products

- **D-Ribose Plus** - Take 2 teaspoons x 2 times per day with liquid or food. Studies show that D-Ribose Plus, when taken with other nutrients, can repair heart valves.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Carotid Arteries/Arterial Vascular Disease

What Is Carotid Artery Disease, and What Causes It?

Carotid artery disease occurs when plaque builds up inside of carotid arteries. The two main carotid arteries are located on either side of the neck, each dividing into internal and external carotid arteries. Internal carotid arteries are responsible for supplying oxygen-rich blood to the brain. External carotid arteries supply oxygen through the blood to the scalp, neck, and face.

Carotid artery disease is a serious cause for concern because it can result in a stroke, otherwise known as a "brain attack." A stroke will occur if blood to the brain is cut off. If blood flow is cut off for more than a few minutes, brain cells will begin to die. This will result in damage to other parts of the body controlled by brain cells. A stroke can result in long-lasting brain damage, long-term disability that includes paralysis and speech and vision problems, or even death.

"Dear Robert, I just wanted to let you know that I have my results from my ultrasound on my Carotid arteries. The left is now completely clear from 48% blocked and the right has a small visible amount about 5% to 10% from 50% blocked. From something that cannot be reversed, good old Serrapeptase has done the trick. Many thanks for all your advice and encouragement."

Best regards,

- Harold I., AUSTRALIA

What Is Arterial Vascular Disease, and What Causes It?

Arterial vascular disease describes blood vessel diseases, which affect the blood vessels, or tubes, that pump blood throughout the body. The three categories of blood vessels include arteries, veins, and lymphatics.

Arteries supply oxygen in the blood from the heart to each part of the body, including the brain, kidneys, intestines, limbs, and the heart itself. Disease in the arteries is called arterial disease; disease in the veins that return blood back to the heart is called venous disease. Lymphatics are the third type of blood vessel that supply fluid from the skin and other tissue to the veins.

"Hello Robert, some time ago I wrote to you asking your advice on which product I should take for my blocked carotid artery which was diagnosed twelve months ago. I ended up taking four bottles of Blockbuster starting in January, and my latest scan which I had taken showed that my blockage has reduced from 70% to just under 50% - how amazing is that. The specialist asked me what I had been doing, and my husband and I decided to tell her. She said she had never heard of Serrapeptase, and I was surprised that she didn't seem to show much interest. She just said that she was very happy with the results and just to keep on doing whatever I was doing. You would think that she would have been more excited. I also take your Krill Oil every day. This is just the most amazing product, and I am surprised at how quickly it has started to work for me."

- Fran Smith

Follow the Health Plan as recommended for the best results:

CAROTID ARTERIES/ARTERIAL VASCULAR DISEASE HEALTH PLAN

The full carotid artery health plan is designed to provide relief for carotid arteries/arterial vascular disease and to improve your condition in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - Contains SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months).
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 1 capsule x 3 times per day with the Blockbuster.
- **Vitamin D3-K2 Spray** - Take 4 sprays x 2 times per day. This helps to clear calcium build-up.
- **B4Health Spray** - Take 4 sprays x 2 times per day. Supports a healthy heart and cardiovascular system.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **UB8Q10 Ubiquinol (8x more effective than CoQ10)** - Take 2 x 2 times per day with food for 1 month (then 1 x 2 for ever) as this supports the heart muscle and heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Take 1 capsule x 2 times per day. Contains Omega 3, 6 and 9 oils that improves heart damaging inflammation and damaging cholesterol levels.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Cardiovascular Disease (CVD)

What Is CVD?

Cardiovascular disease refers to diseases of the heart, blood vessels, or both. Cardiovascular disease may include any disease that affects the cardiovascular system, such as cardiac disease, brain and kidney vascular diseases, and peripheral arterial disease.

What Causes Aortic CVD?

There are a number of causes of cardiovascular disease, although atherosclerosis and/or hypertension are the most prevalent. With age, there are a number of physiological and morphological changes that can affect heart function and increase the risk of cardiovascular disease, even in healthy adults.

Cardiovascular disease remains the leading cause of death around the world, although mortality rates have declined in a number of developed countries since the 1970s. Cardiovascular disease and deaths continue to climb in low- to middle-income countries.

Cardiovascular disease often affects older adults, though precursors to the condition, like atherosclerosis, can begin early in life. It is important to focus on reducing the risk of cardiovascular disease at an early age by improving diet, exercising, and avoiding smoking.

"Hi Robert, In January, my bad cholesterol was 212, my triglycerides were 476, and my blood sugar level was 124. The doctor couldn't measure my good cholesterol, because my triglycerides were so high.

In the second week of March, I started taking two 400 mg capsules of Serrapeptase twice a day. By the second week of April-without changing my diet-my bad cholesterol went from 212 to 181, my triglycerides dropped from 476 to 356, and my blood sugar level dropped from 124 to 112."

- Bobby Leopard, Windsor, SC

Follow the Health Plan as recommended for the best results:

CARDIOVASCULAR DISEASE (CVD) HEALTH PLAN

The following cardiovascular disease health plan is designed to provide relief for cardiovascular disease and, when followed together with a naturally healthy lifestyle, it can help you to achieve long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy cardiovascular system - in order of priority:

- **BlockBuster AllClear** - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients to support the arteries and cardiovascular system. Take 2 x 3 times per day, 30 mins before eating (plan on 1-3 months).
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **Curcuminx4000** - Take 3 capsules, twice daily. Relieves inflammation and pain.
- **The Krill Miracle** - Take 2 capsules, 2-3 times daily. Provides antioxidants and support for healthy cholesterol.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **HartGard Drops** - Take 5 drops, 3-4 times daily. Improves overall cardiovascular health.
- **B4 Health Spray** - Take 4 sprays x 2 times per day. Supports a healthy heart and cardiovascular system.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Deep Vein Thrombosis (DVT)

What Is DVT?

Deep vein thrombosis or deep venous thrombosis is a blood clot found in a deep vein. A clot located inside a blood vessel is called a thrombus; deep vein thrombosis commonly occurs in the legs.

Non-specific symptoms of the condition may include swelling, pain, redness, warmness, and engorged veins in the legs. A pulmonary embolism is a potentially life-threatening complication of the condition, which occurs when a clot detaches and travels to the lungs. DVT and pulmonary embolism are categorized together as a single disease called venous thromboembolism. Roughly one in 1000 adults develop DVT each year, and risk increases with age.

What Causes DVT?

Chronic inflammation triggered by a poor diet, missing nutrients, high-sugar drinks, stress, and smoking are primary triggers for the condition. Risk can be exacerbated by sitting for long periods of time, longer than three hours or more in one day. The best prevention is to make dietary changes, supplement missing nutrients, and walk 5 miles per day.

DVT FAQ

Q: Hi, I recently had a DVT/PE, and I am on Warfarin till Feb. 2011. A friend suggested I take Serrapeptase +msm + trace minerals to help dissolve blood clots. The anti-coagulant clinic I attended doesn't recommend any natural products as research has not quite proven whether or not they interfere with Warfarin. What would you recommend? Would it be an option once I finish Warfarin?

A: I strongly recommend BlockBusterAllClear. This has Serrapeptase and Nattokinase, as well as other enzymes and Pycnogenol, to help get your cardio system healthy. Nattokinase will dissolve blood clots, whereas Warfarin just stops clots forming. There is no interaction between them as they do different jobs. I strongly recommend an anti-inflammatory diet, as well as an exercise, that can help to clear your DVT. See the plan in this book.

"I was so weak, I couldn't get out of bed. 99 percent of people at my age die. I am 72 years young and still biting at the bit. I had deep vein thrombosis (DVT) in the popliteal space behind the left patella. A part of the embolism broke off and relocated in the right lobe of my left lung. I also had a 20-year fungal infection on my big toe of my left foot, which completely ameliorated and is gone. The skin is pink and the nail is normal. My energy is back, and my mental outlook is superlative. Thank you, Robert Redfern and Serrapeptase. Be Well."

- Gene

Follow the Health Plan as recommended for the best results:

DVT DEEP VEIN THROMBOSIS HEALTH PLAN

The first two below are the very minimum I recommend, but the rest are also important if finances are OK. The food and exercise changes are the real cure.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy cardiovascular system - in order of priority:

- **BlockBuster AllClear** - Take 2 capsules x 4 times per day for 30 minutes before eating and drop to 1 x 3 after 1 month (plan on 1-2 months). Contains Serrapeptase, Nattokinase, Protease and Lipase. Blockbuster supports healthy arteries and the cardiovascular system, along with healthy blood pressure and the circulatory system.
- **Ancient Minerals Magnesium Oil Ultra** - After a few days on BlockBuster, get someone to massage this into your feet and legs 2 times per day, working upwards towards the heart. Make sure you are lying down when you have this done. Relieves aches and pains, restores cellular magnesium levels.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 designed to provide relief and reduce inflammation. Take 1 capsule x 3 times per day with the Blockbuster.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood flow and arteries.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Take 1 capsule x 2 times per day. Contains Omega 3, 6 and 9 oils that support the reduction of heart damaging inflammation.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Peripheral Arterial Disease

What Is Peripheral Arterial Disease?

Peripheral arterial disease, also called PAD, occurs when plaque accumulates in the arteries that supply blood to the head, organs, and limbs.

What Causes Peripheral Arterial Disease?

When plaque builds up in the arteries, it causes a condition known as atherosclerosis. Over time, plaque will accumulate, harden, and narrow the arteries. This will limit oxygen-rich blood supply to all parts of the body.

PAD most commonly affects arteries in the legs, though it can also affect blood flow from the heart to the head, arms, kidneys, and abdomen. This plan focuses on rehabilitation for PAD affecting blood flow to the legs.

Peripheral Arterial Disease FAQ

Q: I have severe blockages in my legs. Doctor said I am completely blocked below my knees and when he goes back in my leg (angioplasty) that will make it 8 times I have had this done. He said no need to go below the knees unless I get cut or a sore that will not heal. My question is, if I take Blockbuster, will it be sufficient to remove the plaque safely? Also since my blood pressure drops too low at times, will Blockbuster be safe? Thanks a lot for an answer.

P.S. I am on my second bottle of SerraEnzyme and can't tell any difference yet and that is the reason for opting for BlockBuster.

A:
• Take BlockBuster 2 x 3 times per day, 30 minutes before eating a meal, with a glass of water. This will dissolve any clots that break away. Take 1 Serrapeptase with them.
• Follow the diet and drink plan attached.
• Lie on your back and cycle your legs in the air and get someone to hold them if too hard.
• Rebound on one of the 3 rebounder mini-trampolines.
• Do these 3 times per day.
• Eat the Really Healthy Foods plan found in this book.

"I used the enzyme to treat a severe case of peripheral artery disease (PAD). After four months use, the PAD does not appear to be as severe. There has been improvement in both feet with respect to warmth, color and the sense of feeling has returned nearly to the tips of my toes.

Most importantly, I now have a vascular surgeon who did not dismiss the use of the enzyme out of hand and is interested in this 'experiment' in which I am engaged. The doctor completed an ultra sound examination of my arteries from my heart to the tips of my toes and has scheduled another examination in November to assess any changes. He is concerned about the development of aneurysms. Being able to feel the ground etc. when I walk is a great improvement in the quality of my life and certainly is important in the operation of a motor vehicle. And I can readily assume that if this enzyme is cleaning out the arteries of my feet, it is also doing likewise in the remainder of my vascular system. Best regards and wishes for a prosperous year."

- RK, United States

Follow the Health Plan as recommended for the best results:

PERIPHERAL ARTERIAL DISEASE HEALTH PLAN

The following health plan is designed to provide relief for peripheral arterial disease. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve peripheral arterial disease, so as to achieve overall good health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy circulation - in order of priority:

- **BlockBuster AllClear** - Take 2 capsules x 3 times per day for 30 minutes before eating and drop to 1 x 3 after 1 month (plan on 1-2 months). Contains Serrapeptase, Nattokinase, Protease and Lipase. Blockbuster supports healthy arteries and a cardiovascular system, along with healthy blood pressure and the circulatory system.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 1 capsule x 3 times per day with the Blockbuster.
- **Vitamin D3-K2 Spray** - Take 4 sprays x 2 times per day. This helps to clear calcium build-up.
- **B4 Health Spray** - Take 4 sprays x 2 times per day. Supports the heart and cardiovascular system.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **UB8Q10 Ubiquinol** - **(8x times more effective than CoQ10)** - Take 2 x 2 times per day with food for 1 month (then 1x2 for ever). This supports the heart muscle and heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Take 1 capsule x 2 times per day. Contains Omega 3, 6 and 9 oils that support the reduction of heart damaging inflammation.

As A Vegetarian Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Stroke Health

What Is Stroke?

A stroke may also be referred to as a cerebrovascular event, characterized by the rapid loss of brain function after blood supply to the brain is obstructed.

What Causes Stroke?

A stroke may be caused by a blocked artery, known as an ischemic stroke, or a burst or leaking blood vessel, called a hemorrhagic stroke. A temporary disruption of blood supply to the brain is called a transient ischemic attack, or TIA.

Stroke FAQS

Q: My wife had a stroke recently which was a terrifying experience for us all. Since then she has been unable to get dressed in the mornings and eating and walking have also become much more difficult. Is there anything you can suggest which might help to put her on the path back to good health?

A: You must follow the Stroke Health Plan immediately. I suggest taking Serranol which contains the SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava, and Vitamin D3, which will help to get the blood flowing again, along with HealthyFlow. The ReFocus will also reduce any abnormal coagulation of the blood and aid in relieving stroke symptoms, improving the blood supply to the brain. I also recommend the HealthPoint™ as it can help to ease any pain.

Rosemary Hall talks about her neighbor and her own results with Serrapeptase:

"Because she had heard of my recovery, I was approached by a neighbor (a diabetic), who had a stroke in 1997 and was still unable to walk unaided and suffered constant pain in her right leg. Only 7 days after having put her onto Serrapeptase, she told me overjoyed that for the first time she was able to walk on her own for quite a long distance and also that her big toe, which had crossed over, had straightened out. She is continuing to make good progress (she is now on her second bottle) and is very satisfied.

P.S. She has also just told me that her sugar level has improved considerably since she has been taking Serrapeptase. Regards."

- Rosemary

"Thank you and thank you for the help with my father who had a stroke - remember the doctor did the surgery and said something of a slimy stuff was left in the vein? 4 tablets Serrapeptase, 2 times a day, plus 3 tablets, 2 times a day, of BlockBuster AllClear, and he is fine.

Thank you and happy New Year - may it be the best year you have ever had!"

- Russ

Follow the Health Plan as recommended for the best results:

STROKE HEALTH PLAN

The following health plan is designed to provide relief after suffering from a stroke:

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy cardiovascular system - in order of priority:

- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 1 capsule x 3 times per day.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **ReFocus** - Take 1 x 3 times per day. Reduces abnormal coagulation of the blood, aids stroke recovery and improves blood supply to the brain and other parts of the body.
- **MaxiFocus** - Take 12 oral sprays per day (eg, 6 x 2 or 3 x 4). Contains nutrients that support healthy blood flow around the body.
- **Naturally Better Vitamin E** - Take 1 capsule x 3 times per day. Supports stroke induced injuries and provides cholesterol reduction and cardio protection.
- **Prescript-Assist- 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 x 2 times per day (see www.Probiotic29.com/studies).
- **HealthPoint™** - **VERY IMPORTANT -** Use daily to stimulate acupressure points. HealthPoint™ microcurrent stimulator is designed to work with all acupuncture points. Please refer to pages 8.4 and 8.5 in my Mastering Acupuncture book for help.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Thrombosis

What Is Thrombosis?

Thrombosis is a blood clot that forms inside of a blood vessel. It blocks the flow of the blood in the circulatory system. As the blood vessel becomes injured, the body then uses its platelets (known as thrombocytes), and fibrin forms a blood clot to prevent any blood loss. Under certain kinds of conditions, blood clots can still form even if a blood vessel isn't damaged.

If a blood clot eventually breaks free, it can travel throughout the body. This is known as an embolus. If blood flow is reduced significantly by a large thrombus, hypoxis can occur; this results in metabolic products like lactic acid accumulating in the body. A large thrombus can create a greater obstruction to blood flow, resulting in anoxia (otherwise known as oxygen deprivation), infarction, and tissue death.

Generally, there are two forms of thrombosis: venous and arterial. These can be presented in several different subtypes, including Venous Thrombosis, Deep Vein Thrombosis, Portal Vein Thrombosis, Renal Vein Thrombosis, Jugular Vein Thrombosis, Budd-Chiari Syndrome, Paget-Schroetter Disease and also Cerebral Venuous Sinus Thrombosis.

There are other types of conditions that can arise in accordance with thrombus location, which can affect the organs. A thromboembolism is a combination of thrombosis and an embolism.

What Causes Thrombosis?

A thrombosis is formed by a blood clot inside a blood vessel. It can be caused by inflammation continually compromising the quality of the blood vessel wall, blood composition (e.g., high homocysteine) and the nature of the blood flow itself. Therefore, it is very important to maintain healthy blood circulation if you want to avoid any cardiovascular health condition such as thrombosis.

Thrombosis FAQS

Q: I have had a 100% occluded blood clot in the popliteal vein of my knee since February, which caused many clots in my lungs. I think there are still undissolved clots in my lungs, and/or tissue damage from these clots. I am on Warfarin. Which of your products would be best for me, and what initial dosage should I start out on?

A: Firstly, Warfarin does not dissolve clots. It only thins the blood and 'hopefully' prevents new clots. You need to follow the plan below. This plan is to clear the problems and get you healthy. No single supplement can do this. It is a lifestyle change: Thrombosis Health Plan.

"I have been suffering for a while with severe thrombosis and didn't know what to do. I stumbled upon your site while searching for a solution and I was amazed by what I discovered. Since taking your advice and following your health plan that you sent to me I have seen a significant improvement in my condition. I have been taking the BlockBuster AllClear and the B4 Health Spray religiously and, along with the healthy eating plan, I have really seen an improvement in my overall health and wellbeing. Thank you!"

- Jill, East Sussex

Follow the Health Plan as recommended for the best results:

THROMBOSIS HEALTH PLAN

The first two below are the very minimum I recommend but the rest are also important if finances are OK. The food and exercise in the Recovery Food Plan are the real cure.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy cardiovascular system - in order of priority:

- **BlockBuster AllClear** - Take 2 capsules x 4 times per day for 30 minutes before eating and drop to 1 x 3 after 1 month (plan on 1-2 months). Contains Serrapeptase, Nattokinase, Protease and Lipase. Blockbuster supports healthy arteries and the cardiovascular system, along with healthy blood pressure and the circulatory system.
- **B4 Health Spray** - Take 4 sprays x 2 times per day. Supports the heart and cardiovascular system.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 designed to provide relief and reduce inflammation. Take 1 capsule x 3 times per day with the Blockbuster AllClear.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood flow and arteries.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Vascular Diseases of the Brain and Kidney

What Are Vascular Diseases of the Brain and Kidney?

Vascular disease refers to disease of the blood vessels. The three types of blood vessels include veins, arteries, and lymphatics.

There are a number of arterial diseases, but vascular brain disease encompasses vascular dementia and cerebrovascular disease. Conditions may include stroke and transient ischemic attack (TIA) that causes a temporary drop in the brain's blood supply; subarachnoid hemorrhage occurs when blood leaks out of vessels in the brain. Renal vascular disease refers to complications associated with arteries and veins in the kidneys.

What Causes Vascular Diseases of the Brain and Kidney?

Renal vascular disease may be caused by renal artery stenosis (related to atherosclerosis), renal artery thrombosis, renal artery aneurysm, atheroembolic renal disease, and renal vein thrombosis. Vascular disease of the brain may also be caused by atherosclerosis, when high cholesterol levels meet inflammation in the arteries to cause cholesterol buildup. Cholesterol buildup creates plaque that can obstruct brain blood flow to cause stroke, TIA, dementia, or other complications.

Vascular Diseases of the Brain and Kidney FAQ

Q: My wife has vascular dementia which has slowly been getting worse over the past few years. Is there anything you can recommend to help with this condition?

A: Yes, it's very important that you follow my Vascular Brain Disease Health Plan and that she be put on a healthy lifestyle diet right away for best results.

"My husband was diagnosed with vascular dementia a year ago. I was devastated but in a way it was good to be able to put a name to his condition as I noticed he had been very forgetful for the past few months and wasn't sure what was happening to him. I found your site and read through all of the information and felt amazed to realise that there could be a solution.

I decided to give your products a go and have been giving him the Blockbuster and the Serranol as recommended. It's only early days but I have noticed he is looking better and despite the doctors' diagnosis that it was only going to get worse, I have noticed that the progression of this disease is going a lot slower as a result, which can only be a good thing."

- Sue, Surrey

Follow the Health Plan as recommended for the best results:

VASCULAR DISEASES OF THE BRAIN AND KIDNEY HEALTH PLAN

The following health plan is designed to provide relief for vascular diseases of the brain and kidney. By following the plan below, which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve vascular disease brain and kidney symptoms, so as to achieve overall good health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy arteries - in order of priority:

- **BlockBuster AllClear** - Take 2 capsules x 3 times per day for 30 minutes before eating and drop to 1 x 3 after 1 month (plan on 1-2 months). Contains Serrapeptase, Nattokinase, Protease and Lipase. Blockbuster supports healthy arteries and a cardiovascular system, along with healthy blood pressure and the circulatory system.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 1 capsule x 3 times per day with the Blockbuster.
- **Vitamin D3-K2 Spray** - Take 4 sprays x 2 times per day. Helps to clear calcium build-up.
- **B4 Health Spray** -Take 4 sprays x 2 times per day. Supports the heart and cardiovascular system.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **UB8Q10 Ubiquinol** - **(8x more effective than CoQ10)** - Take 2 x 2 times per day with food for 1 month (then 1x2 for ever). This supports cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Take 1 x 2 times per day. Contains Omega 3, 6 and 9 oils that support the reduction of heart damaging inflammation.

Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Colitis

What Is Colitis?

Colitis is an inflammation of the colon. Colitis may be classified as acute or chronic and falls into the category of digestive disease.

What Causes Colitis?

This inflammation in the colon may be caused by a number of infections and illnesses.

"My inflamed colon was really beginning to cause me a great deal of irritation and along with frequent diarrhoea I was experiencing severe abdominal pain as a result of the colitis. I decided to try for a natural approach and took the Serrapeptase SerraEnzyme as you suggested, along with following the naturally healthy lifestyle plan. I was pleasantly surprised to find that in just a few short weeks the symptoms of colitis were beginning to ease and I am now beginning to achieve a sense of normality once again."

- Jodie, Birmingham

Follow the Health Plan as recommended for the best results:

COLITIS HEALTH PLAN

The plan below is designed to provide relief for colitis sufferers. When it is followed consistently and combined with a naturally healthy lifestyle, the symptoms of colitis can be improved and the result is long-term good health in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Gastro Enzyme Therapy** - A gentle combination of herbs and enzymes to relieve colitis. Take 3 capsules after eating meals or snacks.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Curcuminx4000** - Take 1 capsule x 3 times a day before each meal. Relieves inflammation and reduces pain.

Do not start these further supplements until after the above, and the diet, have both started.

- **Essential Digestive Plus** - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.
- **SerraEnzyme 80,000IU** - Supports a healthy digestive system. Take 2 tablets, 3 times daily.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Diabetes

What Is Diabetes?

Diabetes includes a group of metabolic diseases characterized by high blood sugar, either because cells do not properly respond to insulin or because the pancreas does not produce enough insulin for the body to use. High blood sugar may cause diabetic symptoms like increased thirst, increased hunger, and frequent urination.

The three main types of diabetes include Type 1 where the body fails to produce enough insulin, also known as insulin-dependent diabetes or juvenile diabetes; Type 2 caused by insulin resistance, also called adult-onset diabetes; and gestational diabetes, which occurs when pregnant women develop high blood glucose levels.

"I came across your site sometime last year and took your recommendations for my mom who has diabetes and was complaining of a constant throbbing in her left arm above her elbow. I got the Serrapeptase and she used it and after a couple of weeks she found much relief..."

- Florence S., Trinidad and Tobago

What Causes Diabetes?

The cause of Type 1 diabetes is unknown and may be related to an infection, genetic and environmental factors. The cause of more prevalent Type 2 diabetes is the result of insulin resistance, when cells become resistant to insulin in the body and the pancreas cannot compensate by producing enough insulin to overcome resistance. Sugar in the bloodstream will build up instead of moving into cells where it is needed for energy.

Type 2 diabetes can be a lifestyle condition that is related to unnatural foods, weight, and environmental and genetic factors. An unhealthy weight greatly increases the risk of chronic disease, including Type 2 diabetes.

Diabetes FAQ

Q: My 9-year-old son has Type 1 diabetes. Will it be beneficial for him to take Serrapeptase?

A: No, it won't, but these things below will help his future health while you are waiting for the islet replacement therapy to become available (since the medical business is dragging their feet over it).

Only give him really healthy foods (which applies to all of you, in these circumstances) as seen in the plan below.

Follow the Health Plan as recommended for the best results:

DIABETES (PANCREAS HEALTH) PLAN

The plan below is designed to provide relief for diabetes sufferers. When it is followed consistently and combined with a naturally healthy lifestyle, the symptoms of diabetes can be improved and the result is long-term good health in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Serranol** - Clears inflammation and provides strength support for healthy joints, cells, heart, blood flow, circulation and cholesterol. Take 1 capsule x 3 times per day. Take 30 minutes before or 2 hours after food.
- **Cinnamon 27™** - To support healthy blood sugar and maintain normal blood glucose levels. 1 capsule per 50 pounds body weight (e.g. for a 150 pound person, take 3 capsules, 3 times per day, before meals). Take for 27 days, stop for at least 3 days, then resume.
- **GlycoSpray™** - A complete formula to help support pancreas function and assist in regeneration of pancreas B cells. As a dietary supplement, take 6 sprays (in the mouth) once a day. For greater benefit, take 3 sprays, twice a day, or as directed by your healthcare professional.
- **Alpha Lipoic Acid-R** - Improves glucose metabolism in those with type 2 diabetes. Take 2 capsules per day on an empty stomach or as directed by your healthcare professional.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Ancient Minerals Magnesium Oil Spray Ultra** - Restores cellular magnesium levels, protects cells, relieves aches and pains. Apply to legs, arms, chest and back muscles daily after a shower.
- **Prescript-Assist- 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 x 2 times per day (see www.Probiotic29.com/studies).
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Items

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Essential Digestive Plus** - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Naturally Better Vitamin E** - Take 1 capsule, 2 times per day. Protects healthy fats from oxidising and causing free radical damage.
- **The Krill Miracle** - Take 1 capsule x 2 times per day. Contains Omega 3, 6 and 9 oils that improve heart damaging inflammation and damaging cholesterol levels.

Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Digestive Health

What Are Digestive Diseases?

Digestive diseases are also known as gastrointestinal diseases. The digestive system consists of a series of hollow organs that join together in a long tube. The digestive system runs from the mouth to the anus and includes the esophagus, stomach, small intestine, large intestine, liver, gallbladder, and pancreas.

There are a number of digestive disorders that may cause symptoms like blood in the stool, changes in bowel movement, abdominal pain, unexplained weight loss, and chronic heartburn.

"My digestive health has improved dramatically since following your advice. I take Gastro Enzyme capsules three times a day, along with Prescript-Assist and Curcuminx4000. My symptoms of fatigue have improved, my digestion feels much stronger and my inflamed bowels are beginning to heal. Thank you so much!"

- Margaret, East Yorkshire

What Causes Digestive Disease?

Digestive diseases are diverse and may be caused by different factors like bacterial or viral infection, inflammation, lactase deficiency, intolerance to certain foods, poor circulation in the intestines, gallstones, stress, anti-inflammatory drug side effects, and a number of dietary factors that include eating unnatural foods and overeating.

Digestive Health FAQ

Q: Which product is best for high cholesterol, inflammatory bowel disease, and moderate plaque?

A: Serranol and Prescript-Assist. Try to follow the really healthy foods plan in this book.

Follow the Health Plan as recommended for the best results:

DIGESTIVE HEALTH PLAN

The plan below is designed to improve digestive health and to ease the symptoms of any digestive system disorder. When combined with a naturally healthy lifestyle, it's possible for the body to naturally begin to heal itself and over a few short weeks, the results will be long-term good health, when committed to the plan below.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Gastro Enzyme Therapy** - Take 3 capsules daily. Gastro Enzyme Therapy can relieve gastritis, colitis and other digestive problems.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Curcuminx4000** - Take 1 capsule x 3 times daily before each meal. Curcumin is a powerful antioxidant that can provide support for digestive problems and reduce pain and inflammation.

Do not take the next two items until you have completed 30 days on the plan above:

- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus- For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.
- **SerraEnzyme 80,000IU** - Take 2-3 tablets daily. SerraEnzyme contains Serrapeptase, a proteolytic enzyme that can provide powerful support for a healthy digestive system.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Diverticulitis

What Is Diverticulitis?

Diverticulitis is a common digestive disease characterized by pouch formations within the bowel walls. Pouches may form within the large intestine, or colon, and can occur in the small intestine on occasion. Diverticulitis takes place when a pouch, or diverticulum, grows inflamed.

Common symptoms of the condition may include diarrhea, constipation, nausea, right side abdominal pain, and bleeding from the rectum, in some cases.

What Causes Diverticulitis?

Diverticulitis is caused by feces trapped in pouches, or diverticula, along the large intestinal wall. This will provide a breeding ground for bacteria to grow to cause infection or inflammation; inflammation will result in pressure that can tear or perforate the intestinal wall.

Diverticulitis FAQ

Q: My uncle just had surgery for it and now my Mom is in the hospital with the same thing. I am young, but I have the same symptoms. Can it be hereditary and should I go to the doctor, or do you think I'm over reacting?

A: More and more studies are suggesting that diverticulitis is not hereditary, but that families have diverticulitis because they share the same eating habits. A diet rich in fruit and vegetables which are full of fiber will help. Avoid starchy carbs and grains as these can inflame the problem, making it worse. Take Serranol, a mixture of Serrapeptase, Curcumin, Ecklonia Cava extract and Vitamin D3, as these can help to reduce the inflammation, and this will ease the symptoms associated with the condition.

"My abdominal pain had me feeling awful for weeks. I was feeling very ill, suffering with diarrhea and nausea amongst some other less than pleasant experiences. I decided to look online for a solution and came across your Serrapeptase. I ordered a bottle and after just one week, I already feel a difference. The pain is subsiding and I am beginning to see light at the end of the tunnel, at last."

- Karen P, Bolton

Follow the Health Plan as recommended for the best results:

DIVERTICULITIS HEALTH PLAN

The following health plan is designed to provide relief for diverticulitis. When combined with a naturally healthy lifestyle, it's possible to improve diverticulitis and its symptoms to the point where the digestive system is eased. In just a few short weeks, it's possible for diverticulitis symptoms to improve and for long-term good health to be attained.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Gastro Enzyme Therapy** - Relieves all digestive tract problems. Take 1-3 after each meal, a total of 3 to 9 a day.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Gallbladder Stones

What Is a Gallstone?

A gallstone is a crystalline concretion formed in the gallbladder. These pieces of solid material form when pigments and cholesterols found in bile develop into hard particles. Gallstones are classified as yellow-green cholesterol stones in 80% of cases and small, dark pigment stones made of bilirubin in the remaining cases.

What Causes Gallstones?

Gallstones may be caused by several factors, including weight, decreased gallbladder motility, poor diet, and genetics. Gallstones will form when bile components are imbalanced; as an example, cholesterol gallstones can develop when too much cholesterol is found in bile. Gallstones may also form if the gallbladder does not empty effectively.

Pigment gallstones are most often associated with existing medical issues, including liver cirrhosis and blood diseases like sickle cell anemia.

"I ordered Serrapeptase after it was recommended by a relative. My husband has suffered with extreme pain for 18 months with gallstones and severe pain after eating. It was recommended that he have his gallbladder removed, but we were so reluctant to go down this route, so I browsed the internet for alternative remedies, and decided to search natural remedies.

Well, when my relative suggested Serrapeptase I researched this product and was so impressed with the testimonials, I decided to order some and give it a go, as we were really desperate now and my husband was in so much pain. Although it is early days, only three days into taking the Serrapeptase he has had 2 completely pain-free days and is feeling so much better, and no longer scared to eat. We are excited and hopeful, but like I said it is early days and I will keep you informed."

- Lynette

Follow the Health Plan as recommended for the best results:

GALLBLADDER STONES HEALTH PLAN

The following plan is designed to provide relief for gallbladder stones and to improve the overall health of the digestive system. When the supplement regime below is combined with a naturally healthy lifestyle, it's possible for the symptoms of gallbladder stones to improve and in the long-term, for good health to be achieved.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **SerraPlus+** - Take 2 capsules x 3 times per day, 30 mins before eating a meal and drop to 1 x 3 after a week or so. Reduces inflammation and scars. Contains Serrapeptase.
- **Quebra Pedra** - Take 3 capsules per day as per the container. Helps to dissolve gall stones.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of liquid, highly absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Alternative To Active Life

- **MaxiVision** - Provides healthy antioxidant function and relief from anti-aging. Take 4 capsules daily.
- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering from anxiety and depression.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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IBS

What Is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome is diagnosed based on a number of symptoms, like chronic abdominal pain, bloating, discomfort, and altered bowel movements. IBS has no known cause and is considered a functional gastrointestinal disorder. The condition may cause either constipation or diarrhea, or the two may alternate.

What Causes Irritable Bowel Syndrome (IBS)?

IBS can now be diagnosed based on symptoms alone. Irritable bowel syndrome does not have a determined cause, but it is more likely to occur following a stressful or traumatic life event, infection, or with age.

"I suffered from stomach and bowel problems. I tried tons of other stuff to get relief. Once I started taking Serrapeptase, I felt relief in the first couple of weeks. I'm happy to report that I'm much more "regular" now."

- C.H. USA

Follow the Health Plan as recommended for the best results:

IRRITABLE BOWEL SYNDROME (IBS)HEALTH PLAN

The following plan is designed to provide relief for the symptoms of IBS (Irritable Bowel Syndrome). When combined with a naturally healthy lifestyle, it's possible for digestive symptoms to improve and for good health to be achieved in the long-term.

Your 4-8 Week Plan, from my eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Serranol** - Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief. Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Clears any inflammation, mucus and scarring.
- **Relaxwell (optional)** - Take 1 capsule x 3 times per day. Improves digestion, relaxes the body and makes stress more managable.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Essential Digestive Plus** - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Kidney Disease

What Is Kidney Disease?

Kidneys are bean-shaped organs that are essential to regulate overall health, including urinary function and the balance of electrolytes and blood pressure in the body. Kidneys naturally filter the blood and remove waste, which is then directed to the bladder. Kidneys produce urine to excrete waste and also reabsorb water, glucose, and amino acids.

Diseases of the kidney vary but may share a number of common symptoms, including renal cysts, chronic kidney disease, acute kidney injury, urinary tract infection, urinary tract obstruction, nephrolithiasis, and nephritic and nephrotic syndromes. Cancer can also affect the kidneys; renal cell carcinoma is the most common type of adult renal cancer.

Painful kidney stones can also plague the kidneys, although they are not normally considered harmful. Chronic kidney stones can lead to scar tissue formation; kidney stones may need to be broken up with an ultrasound treatment that allows smaller pieces to pass through the urinary tract.

What Causes Kidney Disease?

Different kidney conditions may have their own specific causes, but some of the most common contributing factors to kidney disease include autoimmune conditions, urinary tract infection, inflammation, toxin exposure, and congenital defects.

"I have been reading about kidney rescue in your issue 14 catalogue. My kidneys are what have given me the main problem with my Lupus. Every day I have some pain with them, but most of the time it's only a little. Since I've been taking your SerraPlus+, I have been able to sleep on my sides at night."

- Tracey C., United Kingdom

Follow the Health Plan as recommended for the best results:

KIDNEY HEALTH PLAN

The below plan is designed to provide relief for any kidney problems and to boost kidney health. When this is combined with a naturally healthy lifestyle, it's possible for symptoms to improve and for good health to return, if the plan is followed consistently.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **BlockBuster AllClear** - Take 2 x 3 times per day, 30 mins before eating with water. Reduce to 1x3 after a month. BlockBuster AllClear contains Serrapeptase, Nattokinase, Protease and Lipase. Serrapeptase gives powerful support to the digestive system and lowers inflammation.
- **Curcuminx4000** - Take 1 capsule x 3 times per day with the Blockbuster. Curcumin provides powerful support and pain relief for digestive problems, the liver, and the gallbladder.
- **Prescript Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **B4 Health Spray** - Supports healthy homocysteine levels, gives a healthy boost to the immune system and improves the absorption of B12. Take 6 sprays daily.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **Kidney Rescue** - Take 2-5 tablets, 5 times per day, 6 days a week. Kidney Rescue cleanses the liver, while providing adrenal support.

Also Take

- 6-8 Glasses of water per day with a pinch of bicarbonate of soda in each glass. (this is very important see attached)

Other Recommended Items

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Liver Cysts

What Are Liver Cysts?

A cyst is a fluid-filled sac that can grow anywhere in the body. For the most part they are benign and in the case of liver cysts they are mostly caused from birth (congenital). It is when they become malignant that you should be concerned as malignant cysts can invade other parts of the body and spread.

What Causes Liver Cysts?

Simple cysts can be inherited (congenital) and are assigned from birth and are not cancerous or dangerous. But multiple benign cysts is the condition behind polycystic liver disease. Certain types of liver cysts can be caused by parasites and humans can receive this in the body through exposure in the skin, wounds or orifices.

Liver Cysts FAQ

Q: Are liver cysts a cause for concern?

A: The simple liver cysts are not too much of a concern; however, they can rupture or become infected. Inflammation can be a primary cause of infection and Serrapeptase can help. This is because Serrapeptase is a proteolytic enzyme that digests and dissolves dead tissue in the body. It can help to ease the inflammation and improve any painful symptoms associated with it.

"I have suffered with liver cysts for years and nothing seems to have helped. I have taken Serranol for just over two months now and I'm already beginning to notice an improvement. I went to the doctor recently and he has seen a decrease in the cyst swelling, which can only be a good sign."

- D. Hammond, Yorkshire

Follow the Health Plan as recommended for the best results:

LIVER CYST HEALTH PLAN

The following health plan is designed to provide relief for liver cysts and to ultimately improve the digestive system for better overall health. When the liver cyst supplement regime is combined with a naturally healthy lifestyle, results can be seen in a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 - Take 2 capsules x 3 times per day, 30 mins before eating a meal with water.
- **Alpha Lipoic Acid-R** - Take 2 capsules x 2 times daily. Take for protection while healing.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **D.I.P. Daily Immune Protection**- Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Liver Disease

What Is Liver Disease?

Liver diseases may include inflammation of the liver, hepatitis, fatty liver disease, cirrhosis, alcoholic liver disease, primary biliary cirrhosis, primary sclerosing cholangitis, and other genetic disorders.

Symptoms of liver dysfunction include:

- Various digestive issues
- Blood sugar problems
- Immune disorders
- Abnormal fat absorption
- Metabolic issues
- Brain disorders

Fat malabsorption may cause a number of related issues, including reflux, indigestion, hemorrhoids, gallstones, fatty food intolerance, alcohol intolerance, fat-soluble vitamin deficiency, nausea and vomiting, bloating, and constipation.

Brain disorders related to liver disease may include mood changes like anger and irritability, depression, brain fog, overheating, and recurrent headaches associated with nausea.

What Causes Liver Disease?

There are a number of causes of liver disease that may include autoimmune issues related to a virus, pharmaceutical drugs, chemical toxins, alcohol poisoning, processed junk foods, high-sugar foods, starchy carbohydrates, and an excess of copper or iron triggered by genetic issues, in rare cases.

Liver Disease FAQ

Q: I just received my Serrapeptase order and have been searching your site for information on its effect on cirrhosis of the liver and haven't found anything. Could you address this for me as it appears that I'm suffering from this or some type of serious liver fibrosis? Thank you.

A: Serrapeptase is good for the liver but to recover your liver you need a full plan. Please see the Liver Disease Health Plan.

"I have liver disease and suffer with many of the symptoms associated with it including weight loss, fatigue, nausea and vomiting. Since following the program to improve my liver health, I've seen a big difference in my symptoms. I am feeling much better already after just a few weeks, so I will continue to follow your health plan..."

- Mary, Cambridgeshire

Follow the Health Plan as recommended for the best results:

LIVER DISEASE HEALTH PLAN

The plan below is designed to provide relief and start the healing process for liver disease. When the supplement regimen is combined with a naturally healthy lifestyle, then it's possible for the symptoms of liver disease to ease. The results of sticking to this plan are that it's possible to achieve good health in the long-term, when it is followed consistently.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - Contains SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Clears inflammation and provides strength support for healthy joints, cells, heart, blood flow, circulation and cholesterol. Daily Dose: Take 1 capsule x 3 times per day. Take 30 minutes before or 2 hours after food.
- **Alpha Lipoic Acid-R** - Take 2 x 2 capsules per day while healing. Supports healthy liver function.
- **B4 Health Spray** - Take 3 sprays x 3 times a day in the mouth. Provides a healthy boost to the immune system, improves B12 absorption and supports healthy homocysteine levels.
- **Sam-e Plus+** - Take 2 capsules, 2-3 times daily. Support for your liver regeneration.
- **Prescript-Assist** - **29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.

It is critical to follow a really healthy foods plan as part of your recovery.
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Polycystic Kidney Disease (PKD)

What Is Polycystic Kidney Disease?

Polycystic Kidney Disease, or Polycystic Kidney Syndrome, is a cystic genetic kidney disorder. The two types of PKD include: Autosomal Dominant Polycystic Kidney Disease (ADPKD) and the less-common Autosomal Recessive Polycystic Kidney Disease (ARPKD).

What Causes Polycystic Kidney Disease?

Polycystic Kidney Disease is marked by multiple cysts, often in both kidneys. The disease can occur in humans and in some animals. Numerous fluid-filled cysts can cause massive kidney enlargement. As the disease progresses, it can damage the liver and pancreas, as well as the heart and brain in rare cases. PKD is one of the most common life-threatening genetic diseases that affects 12.5 million people around the world. Medical professionals believe polycystic kidney disease is caused by genetic defects.

Polycystic Kidney Disease FAQ

Q: What are the plans and essential supplements for Polycystic Kidney Disease?

A:Please follow my Polycystic Kidney Disease Health Plan below which includes Serrapeptase, Curcumin, Progesterone cream, Nascent Iodine and a multivitamin and minerals formula.

"I have seen some good results from using Serrapeptase to help treat the symptoms of polycystic kidney disease. Thank you!"

- Emily B, Bristol

Follow the Health Plan as recommended for the best results:

POLYCYSTIC KIDNEY DISEASE HEALTH PLAN

The below health plan is designed to provide relief for polycystic kidney disease. By following the supplement regimen below and choosing a naturally healthy lifestyle, it's possible for your digestive and general health to improve in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **SerraPlus+** - Take 2 tablets/capsules 30 minutes before eating, with water x 3 times per day. Contains Serrapeptase and trace minerals to clear any inflammation and scarring.
- **Curcuminx4000** -Take 2 x 3 times per day with the Serrapeptase. Curcumin is a powerful antioxidant that can provide support for pain relief and inflammation.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 a teaspoon to skin daily. Regulates and controls hormone balance.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Thyroid Health

What Is Thyroid Health, and What Problems Can Occur?

The thyroid gland is found in the neck below the Adam's apple located on the front of the windpipe. It mainly controls how quickly and effectively the body uses energy, i.e. the metabolism and is responsible for secreting thyroid hormones into the body. These control the metabolism along with growth, development and the body's temperature..

There are a range of problems associated with the thyroid and these include:

• **Goiter:** Thyroid swelling and is often associated with thyroid inflammation known as Hashimoto's Thyroiditis.

• **Thyroiditis:** An inflamed thyroid often caused by a viral infection or that of an autoimmune condition. It can be painful and often there are no symptoms.

• **Hyperthyroidism:** This is known as excessive thyroid hormone production. This is usually caused by Graves disease or even an overactive thyroid nodule.

• **Hypothyroidism:** This is caused by low production of thyroid hormones, caused by an autoimmune disease.

• **Graves disease:** Caused by an overstimulated thyroid, this is an autoimmune condition.

• **Thyroid cancer:** This is an uncommon form of thyroid cancer, but is mostly curable with radiation, surgery and other forms of hormone treatments.

• **Thyroid nodule:** These consist of small abnormal lumps or masses in the thyroid gland, they are extremely common and relatively few are cancerous. They usually secrete excess hormones and can cause hyperthyroidism.

• **Thyroid storm:** This is rare and causes thyroid hormone levels to become extremely high, thereby causing severe illness in the body.

Thyroid FAQ

Q: I am a 65-year-old female, and have had kidney stones for my entire life. I am in awe as to why the medical specialists have not been able to identify the real cause for this problem. I had been diagnosed with hyperparathyroidism over 25 years ago and was never treated for this problem. I've done some research on-line myself and realized that I have so many of the symptoms/problems related to hyperparathyroidism. My big question is: Could hyperparathyroidism be the culprit at large here? Would Serrapeptase have any health benefits in my situation?

A: It is a combination of missing minerals, over acid diet and high sugar foods. Please refer to the Thyroid Health Plan.

"Hello Mr. Redfern, I am writing a few words to thank you, I followed your advice and the nodule is gone, I still use Nascent Iodine 2 to 3 a day and I feel much better. Thank you again."

- Odette B.

Follow the Health Plan as recommended for the best results:

THYROID HEALTH PLAN

This supplement regime is designed to relieve any thyroid problems you may have and is especially effective when combined with a naturally healthy diet and lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **1st Line (Thiocyanate) Immune System Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - Take 2 x 3 times a day, 30 mins before eating with water. This helps to clear inflammation and aids in the healing process.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Hydrosol Silver Spray** - Take 2 sprays x 3 times a day in the mouth. Hydrosol silver has antibiotic properties that aid in the healing process.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products

- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Catarrhal Rhinopharyngitis

What Is Catarrhal Rhinopharyngitis?

Catarrhal rhinopharyngitis, otherwise known as the common cold, is a viral infectious disease in the upper respiratory tract that mainly affects the nose.

Catarrhal rhinopharyngitis involves an excessive buildup of mucus or phlegm in the airways, as well as the mouth and nasal cavities of the body. As a result, the mucus membranes of the nose and throat become inflamed. Symptoms include a sore throat, coughing, sneezing, and fever. Many of these can be resolved in ten days, but some symptoms last up to three weeks.

What Causes Catarrhal Rhinopharyngitis?

Catarrhal rhinopharyngitis is thought to be caused by a viral infection, which is more common in cold weather—for example, during the winter season. It can strike in the form of small epidemics.

Catarrhal Rhinopharyngitis FAQ

Q: My breathing has become very laboured in the mornings, and I'm getting terrible catarrh too. My doctor told me it is catarrhal rhinopharyngitis and prescribed me a course of antibiotics and told me some medication to take. However, I am keen to go the natural route and wondered if you had any recommendations? Thanks.

A: Take SerraEnzyme 80,000IU – 2 capsules every hour until it clears, then you can reduce to 1 capsule a day. Two sprays of Hydrosol Silver every few hours can also help to kill the infection. Alongside this, it's recommended that you follow the healthy diet and lifestyle plan for best results. Follow my Catarrhal Rhinopharyngitis Health Plan for more information.

"When I was taking Serrapeptase it helped my really terrible catarrh, I could hardly breathe in the mornings. Someone advised me to try Serrapeptase, and it certainly moved the catarrh. My friends are also using it; one man had trouble with his foot and another had a similar problem with catarrh.

We all agree it is very much to be recommended. And I make a point of getting to bed by 10.30 the night Dennis the Chemist is on the radio....The first thing he ever mentions is you've guessed it: Serrapeptase!"

- Steve Oliver

Follow the Health Plan as recommended for the best results:

CATARRHAL RHINOPHARYNGITIS HEALTH PLAN

The following health plan is designed to provide relief for catarrhal rhinopharyngitis so as to give relief for this condition.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Start with 2 Serrapeptase 80,000IU tablets/capsules per hour until it clears. Then gradually reduce to 1 per day.
- **Hydrosol Silver™** - Taking two sprays of Colloidal Silver every few hours will kill any infection.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times per day.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Chronic Ear Infections

What Is Chronic Ear Infections?

A chronic ear infection is an infection that causes a discharge.

What Causes Chronic Ear Infection?

Invariably, it is the result of intolerance to foods such as wheat and dairy products. A bowel dysfunction such as constipation (not passing stools 2-3 times per day) will contribute. Not drinking enough water –8 glasses per day are recommended (as opposed to tea, coffee, and soft drinks) will also be implicated. Poor diet is absolutely a contributor as it leads to unhealthy tissue and is a perfect breeding ground for bacteria/fungus/yeast infections (Candida).

Serrapeptase helps immensely as it clears out all of the inflammation and mucus. By clearing away this problem tissue, it enables the body's own immune system to deal more easily with the infection.

"My right ear was oozing a mucuousy discharge for weeks and it was causing me a great deal of distress. I started taking the Serrapeptase, SerraEnzyme 80,000IU as you recommended and I've noticed a big difference. I have also cut out the wheat and dairy as you suggested and overall I am feeling much better now, as well as the symptoms associated with the infection seemingly having disappeared. Thank you..."

- John, Leeds

Follow the Health Plan as recommended for the best results:

CHRONIC EAR INFECTION HEALTH PLAN

The following plan can aid in helping to heal any chronic ear infections when followed as part of a supplement regime and combined with a naturally healthy lifestyle for long-term relief.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Start with 3 tablets of Serrapeptase x 3 times per day on an empty stomach and increase it to 4 x 3 if no relief with 7 days. Then gradually reduce to 1 x 1.
- **MSM+ Silver™ Drops.** -Take 4 drops in each ear every hour until clear. Repairs damaged membranes, equalises pressure and softens tough leathery tissue.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **HealthPoint™** - Use daily on appropriate acupressure points. Treatment with an electro-acupressure device has proved to be highly effective in relieving ear infections. The unit will also instantly relieve any associated pain.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Hay Fever

What Is Hay Fever?

Hay fever is triggered by an allergy to pollen or sometimes mold spores. It happens because the body's immune system reacts inappropriately to the presence of external substances, as if they were something toxic. The result is irritation and inflammation.

The symptoms of hay fever usually run in families, and it is related to eczema and asthma. It's usually common to find members in a family who have asthma, hay fever, or sometimes even eczema. It's also possible to have some people who have hay fever and others with eczema, or even more than one of these conditions.

Symptoms vary but usually include a runny/blocked nose; sneezing; and red, itchy, or even watery eyes, along with an itchy throat. This is usually accompanied by a wheezy chest, which could refer to a degree of asthma. The peak time for pollen is during the early summer as school and university exams take place. This can make it difficult for sufferers to revise and to do well on their examinations

What Causes Hay Fever?

The cause is erroneously said by so-called experts to be pollen. Of course, they mean to say it is caused by a dysfunctional immune system and triggered by the different pollens that are present at different times of year. This means the time that you are affected depends on the pollen to which you are allergic. Other factors which can aggravate the situation are weather and air quality.

Invariably, it is the result of intolerance to foods such as wheat and dairy products. A bowel dysfunction such as constipation (not passing stools 2-3 times per day) will contribute. Not drinking enough water, 8 glasses per day (as opposed to tea, coffee, and soft drinks), will also be implicated. Poor diet is absolutely a contributing factor. Low friendly flora in the digestive tract is also responsible. This leads to a buildup of unhealthy tissue, causing allergic responses.

The traditional drug route of antihistamines, and even sometimes steroids, is not satisfactory. It does not deal with the cause, and these drugs have side effects. Recently in the UK, a hayfever medicine was withdrawn because of the 'unacceptable' high number of deaths! This indicates there is an acceptable level of deaths—crazy, or what?!

Serrapeptase 80,000IU helps immensely, as it clears out all of the inflammation and any mucus. By clearing away this problem tissue, it settles the body's own immune system and stops the cycle.

Hay Fever FAQ

Q: My hay fever has been really bad this summer, and I'm wondering if there's anything you can recommend to help? My 6-year-old daughter suffers with it too. Thanks...

A: SerraEnzyme 80,000IU is what I would suggest to help to clear the inflammation and ease the symptoms.

"Every year I would dread the summer as my hay fever flared up causing my eyes to become really itchy, sting and start crying. Constant sneezing and itchy eyes made me feel miserable so I knew I had to do some research in advance and look into my options...

I don't always trust what my doctor gives me so I decided to look for a more natural solution which is when I came across your Serrapeptase. I have been taking it daily and the results have been fantastic – symptoms are drastically reduced this year, with barely a sniffle! Thank you!"

- Hayley, South Berkshire

Follow the Health Plan as recommended for the best results:

HAY FEVER HEALTH PLAN

The following plan can help in relieving the symptoms of hay fever and provide relief for the condition in the long-term, especially when the supplement regime is followed alongside a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Start with 2 Serrapeptase 80,000IU tablets/capsules per hour until it clears. Then gradually reduce to 1 per day.
- **HealthPoint™** - Treatment with an electro-acupressure device has proved to be highly effective in relieving hay fever. The HealthPoint™ unit also clears the mucus and stimulates the body's own immune system. It will also relieve any associated pain. See www.dovehealth.com for more information.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement (can be opened and mixed with food). Take 1 capsule x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Laryngitis

What Is Laryngitis?

Laryngitis is an inflammation in the vocal cords in the larynx. As the organ for the voice in mammals, it is commonly referred to as the voice box. Laryngitis as a condition is rarely serious and lasts on average for 7 days. The larynx is a 2 inch (5 cm) high tubular chamber. It is made up of cartilage, bound by ligaments and membranes, and moved by muscles.

What Causes Laryngitis?

The most common cause of laryngitis is a viral infection. This can result in a weak or hoarse, gravelly voice; sore throat; sometimes a fever or a cough (usually dry and non-productive); a tickling feeling in the throat; and difficulty swallowing.

Laryngitis FAQ

Q: My laryngitis has gone from bad to worse. I'm worried that I will never get my voice back at this rate! What can you suggest to help?

A: I would suggest Serrapeptase, in particular the SerraEnzyme 80,000IU as this can help to ease the inflammation. Take one tablet or capsule on an empty stomach. You can also break it open and mix with a little bit of honey, allowing it to trickle down your throat.

Follow my Laryngitis Health Plan for the diet and lifestyle plan to heal your condition.

"As a singer on a cruise ship, my voice is my bread and butter, so it's important that I look after my voice. I was devastated when I developed laryngitis which got worse and worse, costing me a few nights of work. I have since taken your advice to use the SerraEnzyme 80,000IU, and the results are amazing – the tickly cough and swollen throat are gone, and my voice has returned and is back to its beautiful best. Thank you!"

- Susan, UK

Follow the Health Plan as recommended for the best results:

LARYNGITIS HEALTH PLAN

The following plan can help you to find relief for laryngitis when following a naturally healthy lifestyle and a supplement regimen.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Take one tablet, or capsule, every hour on an empty stomach. Chew the tablet, or if using capsules, break open onto a spoon, and let it melt down the throat very slowly.
- **Hydrosol Silver™** - Taking four sprays of colloidal silver every few hours will kill any infection.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Ménière's Disease

What Is Ménière's Disease?

Ménière's Disease is a very rare disorder affecting the inner ear. Its symptoms include vertigo, hearing loss, and tinnitus, as well as a feeling of deep pressure within the ear. People who experience Ménière's Disease usually have sudden attacks. These attacks can last on average for around 2-3 hours, although it can take a day or so for the symptoms to completely disappear.

Ménière's Disease actually progresses through different stages: In the early stages, people can have sudden and rather unpredictable vertigo attacks, followed by nausea, vomiting, and even dizziness.

In the later stages, the vertigo will appear less frequently and can sometimes stop in around 5-10 years. However, the tinnitus can usually become worse and may cause permanent balance problems.

"I tried the Serrapeptase as you suggested and I've been very impressed. No more dizziness and the symptoms of my vertigo are reducing drastically. Thank you for all of your advice and recommendations..."

- John, Lincolnshire

What Causes Ménière's Disease?

The exact cause of Ménière's Disease is unknown, but it's thought to be mostly triggered by deep pressure within the ear. The chances of developing Ménière's Disease include having a family history of the condition or a chemical imbalance of fluid within the ear.

Ménière's Disease FAQ

Q: I have been diagnosed with Ménière's Disease, and I'm wondering what can help to treat it? I tend to have vertigo most days, and the feeling is horrible. I also get dizziness, and sometimes it makes me feel nauseous, and I end up vomiting. It's not a pleasant experience, and my doctor doesn't seem to know what to do with me. Please help...

A: I recommend 1st Line Immune Support Kit, which contains thiocyanates that can fight unwanted bacteria and help to clear the infection. Serrapeptase can also help to relieve inflammation, while Nascent Iodine will support the immune system. Follow my Ménière's Disease Health Plan for more details about what can help you to heal and find relief for this condition.

Follow the Health Plan as recommended for the best results:

MENIERE'S DISEASE HEALTH PLAN

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements for ear, nose and throat health - in order of priority:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal. Take with water and reduce to 1 x 3 after a good relief. Clears any inflammation, mucus and scarring.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **HealthPoint™** - Treatment with an electro-acupressure device has proved to be highly effective in relieving Meniere's. The unit will also instantly relieve any associated symptoms.
- **GlycoBoost** - Glyconutrients and L-Glutamine. Take 2 teaspoons per day for 30-60 days. GlycoBoost can restore the digestive tract.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **Prescript-Assist - 29 Super Strain Probiotic** -Take 1 capsule x 2 times a day (can be opened and mixed with food), and then for maintenance at the rate of 1 every 3 days. This is the next-generation, clinically-proven vegan probiotic supplement which solves major problems plaguing other probiotics. It helps to maintain a healthy GI tract, provides intestinal support for IBS and IBDs, as well as intestinal support for antibiotic induced and travellers' diarrhea. It can also assist in regulating bowel mobility and fortifying the gut's immune system.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Alternative To Active Life...

- **MaxiVision** - Take 4 capsules daily. Provides healthy antioxidant function and anti-aging relief.

Other Recommended Products

- **Relaxwell** - Take 1 capsule, 3 times daily. Gives powerful relaxation support for those suffering with anxiety and depression.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Runny Nose – Rhinitis

What Is Rhinitis?

Rhinitis is inflammation of the nose, or more commonly known as a runny nose. The discharge from the nose can come through the front of the nose, or it can drain through the back of the nose, a condition called post-nasal drip.

What Causes Rhinitis?

Various factors include:

• Allergies frequently produce a runny nose. In these cases, the discharge will be clear or occasionally white.

• Infection causes nasal discharge. This will be a purulent discharge most commonly colored yellow or green.

• Irritation to the nose can cause discharge. This discharge is most commonly clear or white; many people experience it when exposed to nasal irritants.

• Many individuals exposed to cold air or smoke will have nasal discharge. This is known as Irritative Rhinitis.

Serrapeptase helps immensely as it clears out all of the inflammation and mucus. By clearing away this problem inflammation and tissue, it enables the body's own immune system to deal more easily with irritation.

Rhinitis FAQ

Q: I have had a persistent runny nose for weeks, and I am getting fed up of it. I find it so embarrassing and inconvenient to have to keep blowing my nose all the time. Are there any suggestions that you can recommend to me so that I can begin to feel better?

A: The Serrapeptase, in particular the SerraEnzyme 80,000IU, is best because it will help to ease the inflammation and gradually reduce the symptoms.

"My runny nose was getting on my nerves and I was sick of the doctors giving me medication and brushing off my questions as to why it wasn't working. I took the SerraEnzyme 80,000IU as you suggested in your Health Plan, and I've been feeling much better ever since. Thank you, thank you."

- Sandra, Canada

Follow the Health Plan as recommended for the best results:

RUNNY NOSE - RHINITIS HEALTH PLAN

The following is a health plan designed to provide relief for runny nose or rhinitis, especially when combined with a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Start with 2 Serrapeptase 80,000IU tablets/capsules per hour until it clears. Then gradually reduce to 1 per day.
- **Prescript-Assist -29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **HealthPoint™** - Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has proved to be highly effective in relieving ENT infections. The unit will also instantly relieve any associated pain.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Sinusitis Problems

What Is Sinusitis?

Sinusitis is an infection that occurs in the maxillary sinuses that are on both sides of the face or in the frontal sinuses that can be found on either side of the nose.

What Causes Sinusitis?

Sinusitis is usually caused by a food intolerance, particularly to dairy or wheat products. Problems such as constipation, (i.e. not passing around 2-3 stools a day), can also lead to this problem, as can not drinking enough water throughout the day. Eight glasses a day are recommended as opposed to soft drinks, tea, or coffee. Issues such as a poor diet can also lead to problems and cause a buildup of unhealthy tissue in the body, creating the perfect environment for infections to grow.

Serrapeptase 80,000IU works by clearing out all of the inflammation and mucus. When mucus and problem tissue are cleared, it allows the body's immune system to easily clear infection.

Sinusitis FAQ

Q: Hi, My daughter has been taking Serrapeptase for the past two weeks. She is receiving treatment for Lyme disease and has very painful joints, repeated sinus infections, and a bad back. She has noticed improvement and is very pleased. The question is – she has been overweight for years, and despite sticking to diets and exercising, she has not been able to lose any weight; since taking the Serrapeptase, she has lost almost a stone without changing her eating habits at all. Any ideas why this added bonus would happen?

A: It will be partly caused by the anti-inflammatory effect helping her lose weight. Ask her to just cut out wheat products from her diet, and her life will get much better. Either way, tell her good luck and keep up the good work!

"I discovered Serrapeptase in my search for a natural anti-inflammatory when I had developed chronic sinusitis, due to exposure to chlorine, which I learned I am allergic to, as well as a growing allergy to wood smoke (I heat with wood). I noticed a difference within about two weeks I'd say...maybe sooner... My sinuses were draining, in large part to my mucous being thinner, I think.

It has made all the difference... My nasal passages are not dry in the winter like they used to be. I started with two capsules, three times a day, and now take only two in the morning and two before bedtime. I have stopped taking Serrapeptase to see what happens, and the stuffiness returns within days, and it leaves once I'm back on Serrapeptase!

I recommend this to my clients, but unfortunately, folks seem reluctant to try something that is not a drug! Strange! Without health insurance, I pay close attention to what will naturally help my body to heal and stay healthy. Serrapeptase just feels like a wonderful thing to give my body! Thank you,Serrapeptase!"

- C.F., USA

"Hi Robert, Hope all's well, and thanks for your help so far. You've been far more help than even my ENT consultant/ surgeon so far, to be honest. Well, here I am two weeks in and report as follows: Sinuses and nose feel completely clear, almost as if there was never anything wrong with them. I've lost a good half stone in body fat or thereabouts; my smell and taste are back to normal too - it feels great!"

- Matt

Follow the Health Plan as recommended for the best results:

SINUSITIS PROBLEMS HEALTH PLAN

The following plan can aid in helping to relieve sinusitis and its symptoms, especially when followed with a naturally healthy lifestyle

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Start with 2 Serrapeptase 80,000IU tablets/capsules per hour until it clears. Then gradually reduce to 1 per day.
- **HealthPoint™** - Treatment with an electro-acupressure device has proved to be highly effective in relieving ENT infections. The unit will also instantly relieve any associated pain.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Sore Throats

What Are Sore Throats?

A sore throat, otherwise known as pharyngitis, involves painfully inflamed mucous membranes that line the pharynx. It can be the symptom of numerous conditions but is usually associated with a cold or influenza.

What Causes Sore Throats?

Sore throats are usually caused by viral or even bacterial infections; they are sometimes the result of environmental conditions. Many sore throats can heal themselves eventually, but they shouldn't be ignored in case it develops into a more serious illness.

"My sore throat was causing me a great deal of pain and distress, making my work as a call centre advisor incredibly difficult. I kept trying to sip water, suck on sweets, etc. and nothing seemed to make a difference. Serrapeptase mixed with honey and water as you suggested has helped, and I have seen a big difference... My throat now feels normal again and talking is no longer a challenge. Thank you."

- Julie, Essex

"Hi, after recently being recommended Serrapeptase by my mother who has an arthritic neck and scar tissue damage (she got a lot better and dramatically reduced her pain killer intake), I decided to try it myself for chronic sinus and found I instantly got better by 95%. I've also found it works amazingly well on menstrual cramps, which I suffered with greatly, yet with Serrapeptase, I don't even need one painkiller. It also prevented a cold from developing when I had a sore head and neck."

- Fleure

Follow the Health Plan as recommended for the best results:

SORE THROATS HEALTH PLAN

The following plan can help you to find relief for a sore throat, especially when followed with a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Take one tablet or capsule every hour on an empty stomach; break it open onto a spoon, let it melt in mouth, and let it trickle down the throat very slowly. I personally have used this protocol and have never had to go more than one hour before it was gone.
- **HydroSol Silver Spray** - Take 4 sprays under the tongue every few hours until clear. Contains Colloidal Silver that will kill any infection.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Swollen Glands

What Are Swollen Glands?

Swollen glands are the result of enlarged lymph nodes. In children, a node is considered enlarged if it is more than 0.4 inch in diameter.

What Causes Swollen Glands?

Infections are the most common cause of swollen lymph nodes, and this can include tuberculosis, German measles, ear infections, tonsillitis, mumps, gingivitis (swollen gums), abscessed or impacted teeth, and even sexually transmitted diseases.

Other causes of swollen lymph nodes can include immune or autoimmune disorders resulting in HIV and rheumatoid arthritis. Cancers that may cause swollen glands include Hodgkin's Disease, leukemia, and also Non-Hodgkin's lymphoma. Some medications and vaccinations can also cause swollen lymph nodes, depending on the circumstances.

"My lymph glands were swollen for weeks, and then I got an infection. I was beginning to worry that they might never go down, and I was wondering what would be best to do. I have been taking the Serrapeptase as you suggested, and I have noticed that the swelling has decreased dramatically, which has been a relief. Thank you!"

- Sylvia, London

Follow the Health Plan as recommended for the best results:

SWOLLEN GLANDS HEALTH PLAN

The following plan can aid you in helping to find relief for swollen glands, especially when combined with a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:

- **SerraEnzyme 80,000IU** - Take one 80,000IU tablet or capsule every hour on an empty stomach, break open onto a spoon, allow to melt in the mouth and trickle down the throat very slowly.
- **Prescript-Assist - 29 Super Strain Probiotic** - Open 1 capsule onto a spoon and chew slowly until dissolved. This is the next-generation, clinically-proven vegan probiotic supplement.

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Age Related Macular Degeneration (Wet or Dry)

What Is Age Related Macular Degeneration (AMD)?

Macular degeneration is what happens when a small central portion of the retina, known as the macula, starts deteriorating. The retina is the light-sensing nerve tissue at the back of the eye. As the disease develops as a person starts aging, it's usually known as age-related macular degeneration (AMD). While macular degeneration is virtually never a totally blinding condition, it can be a source of significant visual disability.

What Causes AMD?

The delicate cells of the macula can sometimes become damaged and stop working. While it certainly seems like a kind of nutritional deficiency that can occur at any age, it tends to happen the most as people get older—which is why it's known as Age-Related Macular Degeneration.

AMD is the most common cause of poor sight among those over the age of 60. While it never leads to 100% sight loss, it may result in only 5% peripheral or side vision.

There are two main types of age-related macular degeneration:

1. Dry AMD: Around 90% of people diagnosed with AMD have dry degeneration. It occurs when the cells of the macula become malnourished and start to waste away, meaning that these cells can no longer function properly. Dry AMD is also called non-exudative AMD.

2. Wet AMD: This is less common (10% of cases) and occurs when tiny blood vessels grow between the retina and the back of the eye when blood flow is failing—again, from some sort of malnourishment or cardiovascular disease. These blood vessels leak and bleed as they grow, causing scarring of the macula. Wet AMD is also known as exudative or disciform degeneration.

AMD FAQ

Q: I'm a big fan of Serrapeptase (great for my knee)! My aunt has just been diagnosed with Wet AMRD. I'm putting her on a good A/O (with Lutein, etc.) and wondered if Serrapeptase would be a good addition?

A: You have come to the right place as I have been helping people to clear AMD for fourteen years. Three things will make it happen fast: 1. Supplements 2. HealthPoint™ and 3. Diet change. See my Age-Related Macular Degeneration Health Plan for more guidance and advice.

"I was so scared that I would go blind. My AMD was bad, and I didn't know what to expect for the future. Thanks to your Serrapeptase and health plans, I am now looking forward to enjoying clear vision well into my old age."

- Judy, Southampton

Follow the Health Plan as recommended for the best results:

AGE-RELATED MACULAR DEGENERATION HEALTH PLAN

The following plan is designed to provide relief for age-related macular degeneration. When combined with a naturally healthy diet and lifestyle plan, it's possible for results to be seen in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **MaxiFocus Sublingual Spray** - Contains high levels of key carotenoids Lutein and Zeaxanthin, together with 22 vitamin and minerals identified in a major study as being essential for eye health. Take 4 sprays x 3 times per day for the first three bottles and then reduce to 2 sprays, 3 times per day.
- **Serranol** -Contains Serrapeptase, Curcuminx4000, Ecklonia Cava and Vitamin D3. These ingredients support eye health by providing better eye circulation, due to the Serrapeptase clearing inflammation. Curcumin contains anti-inflammatory properties that stimulate glutathione to protect the cells and the tissue from inflammation, while modulating the immune system. Take 2 x 3 times a day before eating, with water. Reduce to 1 x 3 after 1-2 months.
- **Taurine Spray** - Reduces oxidative damage to the eyes and delivers nutrients to the retina cells, along with assisting in the clean-up of removal products. Take 5 sprays under the tongue daily.
- **HealthPoint™** - Microcurrent Stimulation - Stimulates the appropriate microcurrent stimulation points. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall improvement of eye health. Treatments per day for the first 2-4 weeks and once per day thereafter.
- **The Krill Miracle** - Contains Omega 3, 6 and 9 oils that support protection of cell membranes, stabilization of blood sugar levels and protection for cell membranes. Take 1 capsule, 2 times daily.

As A Vegetarian Alternative To The Krill Miracle...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.
- **AstaXanthin** - Powerful biological antioxidant that supports and maintains healthy eyes. Take 2 capsules, 2 times a day (optional but strongly recommended)
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **MSM + Silver™ Drops** - Softens tough leathery tissue, equalises pressure and repairs damaged membranes. Take 2 drops, 3 times a day.

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Cataracts

What Is a Cataract?

A cataract is a clouding of the lens in the eye. When vision becomes dim or blurred, then light can't pass through the clouded lens to the retina in the back of the eye. This process sends signals via optic nerves to the brain, which in turn are interpreted into images.

The lens is a clear body behind the iris, otherwise known as the colored part of the eye. The lens' job is to bend light rays, transmitting a clear image towards the back of the eye, i.e. the retina. Since the lens is elastic, it changes shape and becomes fatter for objects close by and gets thinner when looking at objects in the distance.

"Life with cataracts was becoming unbearable. I was beginning to lose all hope that I could ever see clearly again. Then I found your site. The progress has been unbelievable, and I am now excited for what the future will bring once more. Thank you for all that you do."

- Jennifer, Ormskirk

What Causes a Cataract?

While cataracts can happen any time and at any age, they are most often the result of a lack of antioxidants within the diet that would otherwise counteract any free radical damage that occurs in the eye. Young people in particular may develop a cataract because of an injury, certain drugs, or long-standing inflammation in the form of illnesses like diabetes, the latter of which is subject to extra free radical damage due to high glucose levels.

Cataract FAQ

Q: Is Serrapeptase safe to use with alcohol? Is Serrapeptase safe to use after cataract surgery? Will it affect lens implants?

A: Serrapeptase should be taken with water 30 minutes before eating a meal. You can drink alcohol with the meal. It will not be a problem with the lens.

Follow the Health Plan as recommended for the best results:

CATARACTS HEALTH PLAN

The health plan below is designed to improve cataracts and overall eye health. When combined with a naturally healthy lifestyle and if the supplement regime is followed consistently, it's possible to see significant improvements to cataracts and overall health, in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **Can-C (Nac) Drops** - Take 1-2 drops in each eye, 1-4 times a day. Prevents and reverses developing cataracts.
- **Advanced Cellular Glutathione Spray** - Take 4 sprays in the mouth, 4 times a day. Increases cellular components while preventing damage to important cellular components.
- **MaxiFocus™ 24 Nutrient Sublingual Spray** - Take 6-8 sprays under the tongue per day for the first 2 months, then 3 sprays per day, 1-4 times a day. Contains 24 super nutrients and antioxidants that support healthy eyes.
- **HealthPoint™** - Stimulates the appropriate microcurrent stimulation points. Treatments per day for the first 2-4 weeks and once per day thereafter.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Altrient C** - Take 1 pouch x 4 times per day (one with each meal). Powerful support for increasing energy and maintaining the protein collagen of tissues, helping them to heal.
- **Curcuminx4000** - Take 1 capsule, 3 times a day. Powerful anti-inflammatory and antioxidant that provides support for eye health, including cataracts.

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Diabetic Retinopathy

What Is Diabetic Retinopathy?

Diabetic retinopathy is a serious eye condition that diabetics can get and is especially common in those who have lived with diabetes for a long period of time. Doctors will be able to see any abnormalities in the eyes, but there is usually no threat to eyesight.

There are two kinds of diabetic retinopathy that can damage eyesight; both involve a fine network of blood vessels within the retina.

What Causes Diabetic Retinopathy?

Maculopathy occurs when the blood vessels within the retina begin to leak. When the macula becomes affected, vision gradually becomes worse, and it may become difficult to see people's faces in the distance or to read small print, although the amount of central vision loss will vary between individuals. However, the vision that enables you to get around both at home and outside, i.e. your navigation vision, will be preserved. It is very rare for anyone who has maculopathy to lose his or her eyesight completely.

"My blurred vision was making basic tasks extremely difficult. I have had diabetes for a while but had no idea it could affect my vision too until recently when my doctor confirmed I had the condition. Thankfully, I've managed to control the symptoms by following the plan you recommended to me and by taking Serrapeptase and the recommended products in your diabetic retinopathy health plan. Thank you for all that you do."

- Jerry, USA

Diabetic Retinopathy FAQ

Q: My husband is a Type 1 diabetic with diabetic retinopathy. He has floaters and bleeds. Will this enzyme clear up the "junk" so he can see clearer without affecting his blood sugar levels or blood pressure?

A: I am sending my full plan below for clearing up the diabetic retinopathy eye problems. It requires only eating a really healthy food diet and some supplements that include Serrapeptase.

Follow the Health Plan as recommended for the best results:

DIABETIC RETINOPATHY HEALTH PLAN

The following plan is designed to provide relief for diabetic retinopathy and its symptoms. By following the plan below and implementing a naturally healthy lifestyle, it's possible to find relief for this condition and improve your overall eye health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **Taurine Spray** - Take 5 sprays under the tongue daily. Reduces oxidative damage and delivers nutrients into the retina cells. Also supports the cleaning of waste products in the retina. Protects against glucose damage, especially in diabetics.
- **Pancreas+ Support Spray** - Take 6 sprays in the mouth over the course of the day. Reduces oxidative damage and delivers nutrients into the retina cells. Also supports the cleaning of waste products in the retina. Protects against glucose damage, especially in diabetics.
- **MaxiFocus™ 24 Nutrient Sublingual Spray** - Take 4 sprays, 3 times a day for the first three bottles then reduce to 2 sprays, 3 times a day. Contains 24 super nutrients and antioxidants that support healthy eyes.
- **HealthPoint™** - Stimulate the appropriate microcurrent points. Treatments per day for the first 2-4 weeks and once per day thereafter.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.
- **Alpha Lipoic Acid-R** - Take 1 capsule, 3 times a day with food. Supports eye health and repairs oxidative damage, regenerating other antioxidants.
- **AstaXanthin** - Take 2 capsules, 2 times a day with food. Provides powerful support for healthy eyes.
- **MSM+ Silver™ Drops.** - Take 2 drops, 3 times a day. Contains MSM (MethylsulfonylMethane) which softens membranes, allowing fluid to pass through to optical tissues. L-Carnosine acts as a natural antioxidant, protecting structural lens proteins from the free radical induced oxidation process.

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Dry Eyes – Blepharitis

What Is Dry Eyes (Blepharitis)?

Dry Eyes or Blepharitis, otherwise known as Dry Eye Syndrome, is caused by inflamed eyelids. This condition is usually more irritating than serious. Symptoms can include red and sore eyelids, discharge from the eyes, or finding that the eyelids stick together, especially in the morning. Tiny flakes can develop on the eyelids, and crusts can also grow on the bottom eyelashes.

What Causes Dry Eyes (Blepharitis)?

Around 15% of the population will experience dry eyes to one extent or another. There are thought to be numerous causes of dry eyes, which can include wearing contact lenses, smoking, exposure to excessive heat, blood pressure medications, birth control pills, antidepressants, antibiotics, antihistamines, diuretics, and appetite suppressants, amongst others.

Computer users can find themselves blinking less frequently, which can increase dry eyes and promote fatigue and eyestrain. LASIK Surgery can also cause dry eyes as the superficial nerve fibers within the cornea become severed during surgery; this has an impact on and affects aqueous tear production. The blink rate can then slow to a point that the tear film breaks up before the next blink can happen.

Diabetes, Rheumatoid Arthritis, Thyroid Disease, Asthma, Glaucoma, and Lupus can all affect the eyes, causing dry eye syndrome; hormonal changes and age can also have an impact

"Every morning I dreaded waking up and having to deal with my sore eyelids and dry eyes. I often looked like I had been punched in the face - my eyes were so swollen and sore. Now I want to thank you as I can see beautifully without the itchy feeling that often accompanied my condition, otherwise known as blepharitis."

- Ellie, Leeds

"Mr. Redfern, I took your Serrapeptase five years ago, and it saved my life - stress from Graves' Disease and Glaucoma, hardening of the arteries, and more. In two months, I could run across city streets for a bus and not be winded. My back was loose, my blood pressure down. I injured my left shoulder from serious lifting, which would have killed me earlier."

- Tony Picard

Follow the Health Plan as recommended for the best results:

BLEPHARITIS (DRY EYES) HEALTH PLAN

The plan below is designed to provide relief for dry eyes (blepharitis). When combined with a naturally healthy diet and if followed correctly, results will become apparent in a matter of weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **MaxiFocus™ 24 Nutrient Sublingual Spray** - Take 4 sprays under the tongue, 3 times a day for the first three bottles, then reduce to 2 sprays, 3 times a day. Contains high levels of key carotenoids Lutein and Zeaxanthin, together with 22 vitamin and minerals identified in a major study as being essential for eye health.
- **Saline Drops** - Visit your local pharmacy and buy saline drops to help with dry eyes. Take a drop of saline in each eye before the MSM+ Silver™ Drops.
- **HealthPoint™** - Microcurrent Stimulation - Stimulates the appropriate microcurrent points. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall improvement of eye health. Treatments per day for the first 2-4 weeks, and once per day thereafter.
- **Hemp Seed Oil** - Essential fatty acids in liquid form which help with protecting the retina's photoreceptor cells. The recommended dose is to take 2 teaspoons a day.
- **VisionTone** - A combination of Western and Chinese herbs to strengthen the eyes. Recommended dose is half a dropper full, two times a day on an empty stomach. Do not take as eye drops. Take under the tongue.
- **Thera Tears** - For severe conditions, very effective for post-LASIK surgery patients suffering with dry eyes. Recommended dose is 1-3 drops per day as needed.
- **MSM+ Silver™ Drops.** - Recommended for all eye conditions. Equalises pressure and repairs damaged membranes. Take 2 drops, 3 times per day.

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Floaters

What Are Floaters?

Floaters are small, dark shapes that float through the field of vision. They can be dots, strands, squiggles, or countless other shapes. Though they may seem annoying, they are harmless and can be prevented by eating a proper diet.

If the small spots that appear in your vision appear suddenly, it's recommended that you visit your eye doctor immediately so as to rule out any serious issues with your eyesight. A sudden rise in floaters can indicate a vitreous or retinal detachment. People who are nearsighted or diabetic are especially prone to retinal tears and floaters.

"I tried Serrapeptase, and it has cured floaters in my eyes that I have had for 30 plus years, arthritis in one finger, and my fingernails have also started growing again... I have a lot more energy... and just one bottle did the trick."

- Elaine N., Canada

What Causes Floaters?

Floaters are mainly caused by bits of cells that can remain in the vitreous humor and continue to float around when the vitreous is later liquefied. It's estimated that around 50% of people over 70 years old are seeing floaters.

Floaters FAQ

Q: I started taking Serrapeptase two weeks ago to clear up eye floaters. It hasn't yet shown any results, and I was wondering how long should I expect it to take before seeing a difference in these floaters? I'm taking two pills a day. Thank you.

A: Follow my Floaters Health Plan for best results. Serrapeptase is unlikely to clear them on its own.

Follow the Health Plan as recommended for the best results:

FLOATERS HEALTH PLAN

The floaters health plan below is designed to provide relief for your eye condition. By following the health plan and implementing a naturally healthy lifestyle, it's possible to improve floaters in a few short weeks, along with your overall eye health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **MaxiFocus™ 24 Nutrient Sublingual Spray** - Take 4 sprays, 3 times a day for the first three bottles then reduce to 2 sprays, 3 times a day. Contains high levels of key carotenoids Lutein and Zeaxanthin, together with 22 vitamin and minerals identified in a major study as being essential for eye health.
- **Re-Vision Formula** - Take 1-2 droppers full, three times a day for the treatment and then 2 times a day for prevention. Powerful support for healing floaters.
- **Serranol** -SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief. These ingredients support eye health by providing better eye circulation, due to the Serrapeptase clearing inflammation. Curcumin contains anti-inflammatory properties that stimulate glutathione to protect the cells and the tissue from inflammation, while modulating the immune system.
- **HealthPoint™** - Stimulates the appropriate microcurrent points. Stimulates ATP and cellular regeneration and has been shown in studies to help the overall improvement of eye health. Treatments per day for the first 2-4 weeks and once per day thereafter.
- **MSM+ Silver™ Drops.** - Take 2 drops, 3 times a day. Contains MSM (Methylsulfonylmethane) which softens membranes, allowing fluid to pass through to optical tissues. L-Carnosine acts as a natural antioxidant, protecting structural lens proteins from the free radical induced oxidation process.

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Fuchs' Dystrophy

What Is Fuchs' Dystrophy?

Fuchs' Dystrophy or Fuchs' Corneal Endothelial Dystrophy (FECD) is an eye disease where the cells that line the inner surface of the cornea begin to slowly start dying off. It usually affects both of the eyes, and symptoms can include eye pain, sensitivity to light and glare, foggy or blurred vision, colored halos around lights, and vision that gradually worsens throughout the day.

What Causes Fuchs' Dystrophy?

Fuchs' can be inherited; if one of your parents had the disease, the chances of developing Fuchs' Dystrophy are 50%. The condition can also occur in people who have a family history of the disease.

Primarily, the condition is more commonly found in women than men. It affects people over the age of 50 more frequently, although doctors won't be able to see any sign of the disease until a person reaches their 30s or 40s.

The thin layer of cells around the back of the cornea is affected the most by Fuchs' dystrophy, as these cells help to pump out any excess fluid from the cornea. When more of the cells are lost, fluid starts to build up in the cornea, resulting in swelling and clouding of the cornea. This fluid may build up only during sleep at first, or when the eyes are closed, but as the disease becomes worse, small blisters can start to form. When these blisters become bigger, they can start to break off—the cause of which is eye pain. Fuchs' dystrophy can also change the cornea's shape, resulting in more vision problems.

Fuchs' Dystrophy FAQ

Q: My Fuchs' Dystrophy is getting worse, and I'm facing surgery soon if it doesn't get any better according to my eye doctor. Please can you offer any advice?

A: You need to follow my Fuchs' Dystrophy Health Plan. The MSM+ Silver™ Drops will soften tough leathery tissue, helping in the removal of floaters. They contain a combination proprietary blend: OptiMSM®, Hydrosol Silver, L-Carnosine, and Colloidal Zinc. Curcumin contains antioxidant properties that can provide powerful support for eye health, and the Glutathione Spray is important to stop free radical damage.

Krill Oil can help to protect cell membranes, and MaxiVision (which is a blend of essential nutrients) can prevent vision loss and maintain healthy blood vessels, essential for improving vision. Other recommendations include CAN C NAC Drops, Altrient C, and HealthPoint™. Try the supplement plan and stick to a healthy diet... Let me know the results.

"My Fuchs' dystrophy has improved greatly since taking your Serrapeptase. I had the condition in one of my eyes, but since taking your supplement, I am beginning to see clearly again... The clouding is nearly gone, and the pain is gradually beginning to reside after months of discomfort...Many thanks for all that you do."

- Ann, Manchester, UK

Follow the Health Plan as recommended for the best results:

FUCHS' DYSTROPHY HEALTH PLAN

The following health plan is designed to provide relief for Fuchs' dystrophy sufferers. When combined with a naturally healthy lifestyle, it's possible to improve Fuchs' dystrophy symptoms and achieve improved overall eye health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **MSM + Silver™ Eye Drops** - Softens tough leathery tissue, equalises pressure and repairs damaged membranes. Take 4 eye drops, 3 times daily.
- **Curcuminx4000** - Take 1 capsule, 3 times daily. Curcumin contains antioxidant properties which can provide powerful support for eyes.
- **Glutathione Spray** - Take 4 sprays under the tongue, 4 times a day. Stimulates glutathione, which is crucial in stopping free radical damage.
- **MaxiVision** - Take 2 capsules x 2 times per day for the first 2 months, then 1 x 2 times a day. This is the best product for the delivery of these specific nutrients to the eye. Studies have shown that these nutrients improve and prevent vision loss, while maintaining healthy blood vessels and improving blood flow.

Other Recommended Products:

- **CAN-C NAC Drops** - Take 1-2 drops in each eye, 1-4 times a day. N-Acetylcarnosine delivers L-Carnosine into the aqueous humor of the eye (the fluid surrounding the lens), where it acts as a natural and comprehensive antioxidant, protecting structural lens proteins from the free-radical induced oxidation process.
- **Altrient C** - Take 1 pouch x 4 times a day. Altrient C is specifically designed to help cell health. Researchers report that a 'significant interaction' was observed between age, Vitamin C intake and the prevalence of eye degeneration.
- **HealthPoint™** - Treatments per day for the first 2-4 weeks and once per day thereafter. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall success of recovery.

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Glaucoma

What Is Glaucoma?

Glaucoma is known as a collection of diseases that cause optic nerve damage:

• **Open Angle or Chronic Glaucoma** is the most common type. This responds well to nutritional intervention as per our recommendations.

• **Narrow Angle Glaucoma** is considered an ocular emergency. Symptoms may include a sudden, painful red eye; nausea; vomiting; headache; and visual halos. In the event of the symptoms above, seek medical help immediately.

• **Low Tension Glaucoma** is usually a sign of poor circulation. Heart problems, brain tumors, or toxic drugs can all produce optic nerve damage that may present as glaucoma. Natural Health Doctors are recommended for diagnosis and appropriate treatment.

• **Secondary Glaucoma** can develop secondarily to other conditions, due to inflammation, injury, blood in the eye, or drug side effects (such as from steroids). A Natural Health Doctor is recommended for diagnosis and appropriate treatment.

• **Glaucoma Suspects** are people with higher than normal eye pressure but who never develop glaucoma. These people should be monitored regularly. They often respond well to nutritional intervention as per our recommendations.

• **Congenital Glaucoma** may occur in the first few months of life. A Natural Health Doctor is recommended for diagnosis and appropriate treatment.

Glaucoma symptoms may include:

• Reduced peripheral vision

• Intraocular pressure (IOP) greater than 21, or where there is a large discrepancy in IOPs between the two eyes.

• Optic cup asymmetry

What Causes Glaucoma?

1. **High Level of Stress** - Results in poor breathing and digestion and comfort eating of starchy foods.
2. **Bad Diet** - Too many starchy foods like bread, pastry, biscuits, breakfast cereals, and high starch root vegetables (potatoes, parsnips, etc.). These all cause a damaging high level of glucose spikes in the bloodstream.
3. **Nutritional Deficiencies** - Often sufferers of glaucoma are deficient in some or many of the important nutrients, including essential fatty acids, Lutein, Zeaxanthin, Taurine, antioxidants, bioflavonoids, Zinc, Selenium, and Vitamin B complex.
4. **Drugs (Almost All Prescribed Drugs)** - Use of any prescribed drugs will have some side effect; for example, antibiotics are a prime culprit in poor digestion due to the killing of important stomach flora. This will inhibit Taurine as an important amino acid in the eye.
5. **Family History of Glaucoma** – Can be genetic or just simply living the same lifestyle.
6. **Other Chronic Diseases** that can raise IOPs include obesity, diabetes, cardiovascular disease (insufficient blood flow to the eyes), and thyroid disease (hyperthyroidism). These diseases are in the main caused by 1, 2, and 3.
7. **Being African-American** - Glaucoma is the leading cause of blindness among this population. This racial grouping is known to be unable to eat high starch food groups—again, in the main caused by 1,2, and 3.
8. **Extreme Nearsightedness or Farsightedness** – At a higher level and a risk of angle closure. 1,2, and 3 may cause this also.
9. **Steroid Use** - Often in the form of eye drops, nose drops, or inhalants (elevates IOL pressure mildly in approximately 16% of people on steroids).

Damage to the optic nerve can still happen with eye drop controlled pressures. Nutritional support, supplementation, and lifestyle changes can dramatically improve the condition of your eyes.

"Three years ago I was diagnosed with glaucoma. After reading your website about how Serrapeptase works, I intuitively theorized that it will help my glaucoma by dissolving the debris in my eyes' sewage system over time. I stopped taking the medication from the hospital and focused on SerraEnzyme, Serranol and Blockbuster Allclear (mixing and interchanging them) up to 12 capsules daily...

I also improved my diet to emphasize vegetables and good oil (coconut and palm oils). Two weeks ago, I had my latest test, and the pressure in the eyes were 17 and 18. Unknown to the doctor, I have not taken any of his prescriptions for over two years now. I strongly believe the Serrapeptase plays a role in improving the eyes' waste disposal system, and I know that my eyes are certainly healthier than they were three years ago."

- Chris

Follow the Health Plan as recommended for the best results:

GLAUCOMA HEALTH PLAN

The following health plan is designed to provide relief for glaucoma and its symptoms. When combined with a naturally healthy lifestyle, the symptoms of glaucoma will improve, and it's possible to achieve better eye health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **Ocular Spray** - Provides enhanced eye health support in a sublingual spray, containing Coleus forskohlii, Lutein, Zeaxathin, Vitamin B3 and Vitamin E. Studies have shown that these nutrients can help to improve sight and prevent vision loss due to glaucoma. Take 6 sprays a day (3 sprays x twice daily).
- **Re-Vision Formula** - Contains Bilberry, Bupleureum, Dandelion root, Eyebright, Gardenia, Gingko biloba and Milk thistle in a tincture formula. It helps improve health conditions relating to glaucoma, macular degeneration and floaters by improving blood circulation and stagnation of energy to the eyes. Take 1-2 droppers full, three times a day for the treatment and then 2 times a day for prevention.
- **Serranol** - Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief. These ingredients support eye health by providing better eye circulation, due to the Serrapeptase clearing inflammation. Curcumin contains anti-inflammatory properties that stimulate glutathione to protect the cells and the tissue from inflammation, while modulating the immune system.
- **HealthPoint™** - Stimulates the appropriate microcurrent stimulation points. Stimulates ATP and cellular regeneration and has been shown in studies to improve overall eye health. Treatments per day for the first 2-4 weeks and once per day thereafter.
- **Alpha Lipoic Acid-R** - A network antioxidant that supports eye health, repairs oxidative damage, regenerates other antioxidants and chelate excess metals. Take 1 capsule, two times a day.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.
- **AstaXanthin** - Powerful biological antioxidant that supports and maintains healthy eyes. Take 2 capsules, 2 times a day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Photophobia Light Sensitivity

What Is Photophobia Light Sensitivity?

Photophobia light sensitivity is a condition where bright lights hurt the eyes. It can range from minor irritation to a serious medical emergency. Mild cases may involve squinting in a brightly lit room, either inside or outside. Severe cases cause considerable pain, even when your eyes are exposed to almost any type of light.

What Causes Photophobia Light Sensitivity?

Photophobia is commonly associated with migraines—severe headaches that can be triggered by various factors such as foods, hormones, and environmental changes. Corneal abrasions, scleritis, conjunctivitis, and dry eye syndrome are all conditions that can cause photophobia light sensitivity.

Photophobia Light Sensitivity FAQ

Q: I have a damaged retina and bright lights hurt my eyes a great deal. What can you suggest to help with my condition?

A: Please follow the Photophobia Light Sensitivity Health Plan for more information.

"I didn't think I would ever be able to see properly again without having to worry about bright lights. Your health plan has truly transformed my life, and I can now see clearly without my eyes stinging and crying all the time. Thanks!"

- Margaret, Surrey

Follow the Health Plan as recommended for the best results:

PHOTOPHOBIA LIGHT SENSITIVIY HEALTH PLAN

The Photophobia Light Sensitivity plan is designed to improve your eye condition and overall eye health. When combined with the naturally healthy lifestyle and eating plan, it's possible to see results in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **VisionTone Herbal Formula Tonic** - Includes a combination of Western and Chinese herbs that provide powerful support and strengthens the eyes. Take a half dropper full of this 2 times per day on an empty stomach.
- **AstaXanthin -** A powerful antioxidant that can help to maintain eye health. Take 3 capsules daily.
- **HealthPoint™** - Microcurrent Stimulation - Stimulate the appropriate microcurrent points. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall improvement of eye health. Treatments per day for the first 2-4 weeks and once per day thereafter.
- **MSM+ Silver™ Drops** - Recommended for all eye conditions. Equalises pressure and repairs damaged membranes. Take two drops, three times a day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Retinal Artery and Vein Occlusion

What Is Retinal Artery and Vein Occlusion ?

Retinal Artery Occlusion, also known as Central Retinal Vein Occlusion, Branch Retinal Artery Occlusion, or Central Retinal Artery Occlusion, refers to a blockage in the small arteries or the veins that carry the blood to the retina.

What Causes Retinal Artery and Vein Occlusion?

The retinal arteries and veins can become blocked by a blood clot (ischemia) that then gets stuck in the arteries. This is more likely to happen when someone has atherosclerosis, otherwise known as hardening of the arteries. Clots can also travel to other areas in the body and block an artery in the retina. The most common places for these clots are in the heart and also the carotid artery, located in the neck.

Risk factors for retinal artery and vein occlusion include the following:

• Unhealthy diet

• Carotid Artery Disease, where two large blood vessels in the neck become narrowed or even blocked due to chronic inflammation

• Diabetes

• Heart valve problems

• Heart rhythm problems (atrial fibrillation)

• High blood pressure

• High levels of fat in the blood (hyperlipidemia)

• Intravenous drug abuse

• Temporal arteritis

If the retinal artery or the vein becomes blocked, a part of the retina doesn't get enough blood and oxygen, the result of which can cause partial vision loss.

The symptoms of Retinal Artery and Vein Occlusion can include a sudden blurring or even loss of vision in one eye, or part of the eye. This can be temporary, i.e. just few seconds or minutes, or it could be semi-permanent. If a blood clot develops in the eye, then it could be an indicator of a blood clot elsewhere that may result in a stroke.

If you are unsure of the cause and do not have access to a medical opinion, then act quickly—stop eating all unhealthy foods, drink 6-8 glasses of water with a pinch of bicarb in each glass, and only eat leafy greens and salad for all meals until you are stable

"CRVO stands for Central Retinal Vein Occlusion, and I have been blind for over ten years in my left eye by a partial occlusion... I have pursued herbal supplements very actively and found nothing until I started Serrapeptase two months ago, and my eyesight in my left eye has improved over 50%. I am excited, and I hope that within another six months my left eye will have perfect vision."

- Allan

Follow the Health Plan as recommended for the best results:

RETINAL ARTERY AND VEIN OCCLUSION HEALTH PLAN

The health plan below is designed to provide relief for retinal artery vein occlusion. By following the plan consistently and combining it with a naturally healthy lifestyle, it's possible to improve the condition and to achieve better eye health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **Pinhole Massager Glasses** - To be used 30 or 60 mins after taking BlockBuster AllClear for 5-10 mins to help clear the clots.
- **Taurine Spray** - Take 5 sprays under the tongue per day. Reduces oxidative damage to the eyes and delivers nutrients to the retina cells, along with assisting in the clean-up of removal products.
- **BlockBuster AllClear** - Take 2 capsules x 3 times per day, 30 mins before eating with water. Reduce to 1 x 3 after 1-2 months. Powerful Serrapeptase, Nattokinase, Protease and enzyme formula to clear inflammation and support healthy eyes.
- **The Krill Miracle** - Replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

- **MaxiFocus™ Sublingual Spray** - Take 12 sprays per day under the tongue (e.g. 6 x 2 or 3 x 4). Contains high levels of key carotenoids Lutein and Zeaxanthin, together with 22 vitamin and minerals identified in a major study as being essential for eye health.
- **ReFocus** - Take 1 capsule x 2 times per day with breakfast and evening meals. Improves the blood supply to the brain and increases oxygen and glucose use by the brain, improving circulation around the organs, particularly the eyes.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Retinitis Pigmentosa

What Is Retinitis Pigmentosa?

Retinitis Pigmentosa is the most well-known genetic eye disease. Many cases of severe eye disease in children, such as microphthalmos (small eye), cataracts, glaucoma and retinoblastoma, and eye tumour in childhood, are caused by genetic defects.

Many genetic diseases that affect several body systems also affect the eye, e.g. Marfan syndrome and neurofibromatosis.

What Causes Retinitis Pigmentosa?

It is increasingly recognised that many adult eye diseases, such as cataract, glaucoma, and diabetes, are modified by a person's genetic constitution, but diet is an important factor as well:

• **Orthodox Treatment:** There are some aspects of most genetic eye diseases that can be treated, but as yet, treatment to put right the genetic problem itself is not available for these conditions. There is a great deal of research being done into genetic disorders, and it is reasonable to expect advances in treatment in future years.

• **Alternative Treatment:** An alternative treatment for Macular Degeneration has found that Retinitis Pigmentosa is also responsive to this. The problem is considered to be a lack of nutritional uptake from within the digestive tract that prevents it from absorbing the right nutrients into the eye.

"My doctor and my optician both told me that I should be prepared to go blind from my retinitis pigmentosa. I felt unsure of what to do and knew that the drugs they offered weren't going to have much effect. I came across your information on the web and have been amazed by the results I'm now having with your product recommendations. I'm so pleased, I'm going to tell everyone I know about your products."

- Stuart, Cornwall

Follow the Health Plan as recommended for the best results:

RETINITIS PIGMENTOSA HEALTH PLAN

The following plan is designed to provide relief for Retinitis Pigmentosa. The eye condition can be vastly improved by following the supplement regimen below and combining this with a naturally healthy lifestyle for best results.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy eyes - in order of priority:

- **MaxiFocus Sublingual Spray** - Contains high levels of key carotenoids Lutein and Zeaxanthin, together with 22 vitamin and minerals identified in a major study as being essential for eye health. Take 12 sprays throughout the day.
- **Taurine Spray** - Reduces oxidative damage to the eyes and delivers nutrients to the retina cells, along with assisting in the clean-up of removal products. Take 5 sprays under the tongue per day.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray. A study published in JAMA Ophthalmology showed Retinitis Pigmentosa swelling due to CME to be inversely related to Iodine intake. The study was conducted by researchers from Massachusetts Eye and Ear, Harvard Medical School, and Boston University School of Medicine.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule, 2 times a day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.
- **HealthPoint™** - Microcurrent Stimulation - Stimulates the appropriate microcurrent stimulation points. Stimulates ATP and cellular regeneration and has been shown in studies to improve the overall improvement of eye health. Treatments per day for the first 2-4 weeks and once per day thereafter.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Alpha Lipoic Acid-R** - Take 1 capsule, twice a day. Supports eye health and repairs oxidative damage, regenerating other antioxidants.
- **MSM + Silver™ Drops** - Softens tough leathery tissue, equalises pressure and repairs damaged membranes, allowing fluid to flow through to the optical tissues. Take two drops, three times a day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Angina (Cardiomyopathy)

What Is Angina?

Angina is chest pain that is primarily caused by ischemia of the heart muscle. This develops due to an obstruction or even a spasm in the coronary arteries.

What Causes Angina?

Angina's main cause is coronary artery disease, which in turn is caused by atherosclerosis (hardening/narrowing) of the arteries that transport blood to the heart muscle.

Angina Cardiomyopathy FAQ

Q: Please could you advise me on which Serrapeptase to purchase? I have very low level angina but can avoid trouble if I live reasonably – not easy! I take Aspirin and Ezetrol daily. The more common statins caused me problems in my feet and legs – Atenonol lowered my blood pressure too low. I had one TIA three years ago, possibly caused by the Atenonol. I am 69 years old. I would be grateful to receive a reply from you.

A: SerraPlus+ should be fine, but Blockbuster AllClear may be better. You may decide this is better than taking all of your drugs with their side effects. Diet change will also help, but doctors do not have any training on proper foods and so may give wrong advice. See the Really Healthy Foods plan in this book.

"I was suffering with angina, which made walking uphill difficult. I took Blockbuster AllClear for a while and I found I could walk without difficulty, so assumed I was cured. I stopped taking them for 3 months and one day went out walking and on going up a hill found I had to stop, as the symptoms had returned. I have started taking the Blockbuster again and the symptoms have stopped – even going uphill, so it is definitely the Blockbuster that is helping."

- Sally Y., UK

"I have been using the UB8 since it arrived at my house, and I really think it is great. I take two capsules in the morning and one before going to bed, and I feel absolutely fine. I have also started taking the Blockbuster AllClear, and I've been amazed by it. I had a heart attack a year ago, and since taking the Blockbuster, I have felt not one bit of even an indication of angina or so. Absolutely great. Response to the SerraPlus+ is as good. I have one patient who has been suffering from back pain for years on end and who has been prescribed loads of various painkillers, etc. Since taking the SerraPlus+, the pain is easing considerably, and she feels a lot better in herself. My wife is also using it because she fractured her pelvis in an accident last year, and she continuously had a very uncomfortable feeling in that area. I said 'had' because it has completely disappeared. Good news on all sides!"

- Gus Patist

Follow the Health Plan as recommended for the best results:

ANGINA (CARDIOMYOPATHY) HEALTH PLAN

The following health plan is designed to provide relief for angina (cardiomyopathy) and to support a healthy heart. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve heart health and to achieve overall good health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months)
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **HealthyFlow** - Arginine L-Lysine, L-Citrulline, Grapeseed Extract 95% AstraGin™ (contains Astraglaus membrenaceus and Panax notoginseng). This formula supports healthy blood vessels throughout the body. Take 4 teaspoons over the day in a little water or juice.
- **UB8Q10 Ubiquinol** - 8x more effective than CoQ10 at restoring cell energy. Take 2 capsules x 2 times per day with food for 1 month (then 1 x 2 forever) as this supports the heart muscle, supports heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

Additionally, in the case of a weakened heart, add:

- **D-RibosePlus** - Take 2 teaspoons x 2 times per day with liquid or food. This has studies with other nutrients which show its effectiveness at strengthening the heart.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Atrial Fibrillation and Palpitations

What Is Atrial Fibrillation (AF or A-Fib)?

Atrial fibrillation (AF or A-fib) is the most common cardiac arrhythmia (heart rhythm disorder). It can also be identified clinically when the pulse is taken. Atrial Fibrillation can be confirmed using an electrocardiogram (ECG or EKG) as this can demonstrate the absence of P waves together with an irregular ventricular rate.

What Causes Atrial Fibrillation?

There may be no obvious symptoms, but the condition is often associated with palpitations, fainting, chest pain, and even congestive heart failure. However, atrial fibrillation can in some people be otherwise idiopathic or brought on by benign conditions.

Atrial Fibrillation FAQ

Q: My mother has atrial fibrillation. She suffered an ischaemic attack which caused a mini stroke, and I found your article about the benefits of Serrapeptase. I ordered your product, but as I would have to wait a number of days, I found a local brand of Serrapeptase in 20,000IU. I manage to give her 40,000 IU in the morning and the same again in the afternoon, and am convinced that the medication is assisting but slowly...

At the same time, I decided to take 1 x 20,000IU, 3 x daily for skin problems, and on the second day suffered severe diarrhoea and nausea. I then decided to reduce the dosage to 1 x 20,000IU per day with the same results. I read your blog on side effects and then realised that I have suffered adult glandular fever on three occasions with severe hepatitis C. Could you give me an indication of the best dosage to take as I think my body is extremely sensitive, and within 40 minutes of taking the capsule, I have a reaction. I am now on my fourth day and have moved to taking the capsule in the late afternoon (around 3pm) so that the worst effects are in play for late afternoon and early evening (at home and not work). I am off food except fruit and raw veggies, which I eat moderately.

A: You really need to go through a recovery plan as these problems are going to keep popping up and hitting you when you least want them. This link below shows you what is needed both from supplements and diet. I trust the fruit you eat is low-sugar dark-skinned fruits such as avocados. I know you will also have galloping Candida at present. Green veggies are great. Follow my Atrial Fibrillation Health Plan for the best results. I do realise not everyone can afford all these things, so come back to me and let's discuss it.

"My heart palpitations were getting out of control. I felt that at any moment I could be in serious trouble. I knew I had to take my health into my own hands, so I bought some of your Serrapeptase. I'm pleased to say that in just two short weeks, my health appears to have improved a good deal, and my palpitations are easing. Thanks."

- Mark, Windsor

Follow the Health Plan as recommended for the best results:

ATRIAL FIBRILLATION AND PALPITATIONS HEALTH PLAN

The health plan below is designed to provide relief for atrial fibrillation and to help heal your heart conditions. By choosing to follow the supplement regime and implementing a naturally healthy lifestyle based upon the recommendations below, it's possible to improve atrial fibrillation and achieve long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **Magnesium Oil Spray ULTRA with OptiMSM®** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide range of absorption.
- **Taurine Spray** - Take 6 sprays x 2 times daily. Taurine makes up 50% of the free amino acid in the heart and is thought to strengthen it, according to Robert Abel Jr., MD.
- **BlockBuster AllClear** - Take 1 capsule x 4 times per day, 30 mins before each meal and last one at bedtime. Provides powerful support for healthy blood pressure and a circulatory system.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products:

- **HealthPoint™** - Use the HealthPoint™ Kit to treat the appropriate acupuncture points for heart palpitations. This can be found in the manual. Use daily as needed.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Blood Pressure

What Is Blood Pressure?

Blood pressure is the pressure that is exerted on the blood vessels as it circulates around the body. As the heart beats, the blood pressure varies from minimum (diastolic) to maximum (systolic) pressure.

What Causes Blood Pressure Problems?

The difference in the mean blood pressure is responsible for the blood flowing from one location into another through circulation. High blood pressure (hypertension) is measured in millimetres of mercury as either systolic, i.e. the pressure of blood when the heart beats to pump blood out, or diastolic, which is the pressure of blood when the heart is resting in between the beats. This is reflective of how strongly the arteries are resisting any blood flow.

• **Normal blood pressure** is recorded as around 130/80mmHg as this is considered normal.

• **High blood pressure** is in the region of 140/90mmHg or higher.

• **Low blood pressure** is recorded as being around 90/60.

Very high or low blood pressure may be the sign of underlying health problems, although high blood pressure is more dangerous to the body. High blood pressure risk increases with age and may be related to poor diet, obesity, smoking, sedentary lifestyle, diabetes, drinking excess alcohol, undergoing stress, and depression.

Much of the time, there's no need to be alarmed about having low blood pressure. Mild symptoms may be perfectly fine. Certain individuals have a naturally low, naturally healthy blood pressure.

Blood Pressure FAQ

Q: Is it safe to take Serrapeptase when one already has low blood pressure?

A: It is safe, but you must start with a low dose and build up slowly. Stop carbs completely.

"I take the BlockBuster AllClear in the morning and afternoon on an empty stomach, two at a time. I also take 4 Curcumin capsules with dinner daily. I have had awesome results with my blood pressure and would like to continue to take both products at a maintenance level. I have been taking both products for about 5 months."

- Cherie

Follow the Health Plan as recommended for the best results:

BLOOD PRESSURE HEALTH PLAN

The following plan is designed to improve blood pressure and to ease its signs and symptoms. When the supplement regime below is followed along with a naturally healthy diet, it's possible for the condition to be improved, and good health will be the result in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **Relaxwell** - Supports a relaxed system, lowers blood pressure and reduces anxiety. Daily Dose: Take 1 capsule, 3 times a day.
- **BlockBuster AllClear** - To support healthy blood flow and circulation. SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months)
- **HealthyFlow** - Arginine L-Lysine, L-Citrulline, Grapeseed Extract, 95% AstraGin (contains Astraglaus membrenaceus and Panax notoginseng). A complete formula to help healthy veins and arteries. Take 4 teaspoons over the day in a little water or juice.
- **Vitamin D3/K2 Spray** - Take 3 sprays, 2 times per day. Essential to support normal blood pressure. Vitamin D3/K2 spray boosts a protein called MGP which protects blood vessels against calcification.
- **Magnesium Oil Spray ULTRA with OptiMSM®** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide range of absorption.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products:

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.
- **Vitamin E Mixed Tocotrienols (especially for cystic fibrosis)** - Suggested Formulation - 'Naturally Better Vitamin E' - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Coronary or Ischemic Heart Disease

What Is Coronary Artery Disease (CAD), Atherosclerotic Heart Disease, or Ischemic Heart Disease (IHD)?

Coronary artery disease (CAD), otherwise referred to as atherosclerotic heart disease, coronary heart disease, or ischemic heart disease (IHD), is considered to be the most common form of heart disease and is one of the major reasons for heart attacks.

What Causes Coronary or Ischemic Heart Disease?

Coronary or ischemic heart disease is caused by plaque that builds up within the inner walls of the arteries, narrowing them and reducing blood flow to the heart.

"Dear Mr. Redfern, I have been successfully using Serrapeptase since my heart bypass operation a few years ago... Regularly, I undergo checkups, and so far my arteries are perfectly clean to such a point that the Cardiologist has reduced my medication! THANK YOU so much!"

- Antonio D.

Follow the Health Plan as recommended for the best results:

CORONARY OR ISCHAEMIC HEART DISEASE HEALTH PLAN

The below plan is designed to provide relief for coronary or ischemic heart disease. By following the supplement regime and by implementing a naturally healthy lifestyle, it's possible to improve your heart condition and to attain long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months)
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 - Take 1 capsule x 3 times per day, with the Blockbuster.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **HealthyFlow** - Arginine L-Lysine, L-Citrulline, Grapeseed Extract 95% AstraGin™ (contains Astraglaus membrenaceus and Panax notoginseng). This formula supports healthy blood vessels throughout the body. Take 4 teaspoons over the day in a little water or juice.
- **UB8Q10 Ubiquinol** - 8x more effective than CoQ10 at restoring cell energy. Take 2 x 2 times per day with food for 1 month (then 1 x 2 forever) as this supports the heart muscle, supports heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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Diseased Heart Valves

What Are Diseased Heart Valves?

Diseased heart valves can affect the flow of blood through the heart. The heart consists of four valves, with two large blood vessels leaving the heart to ensure that blood doesn't go back into the heart after it has been pumped out.

Diseased or damaged heart valves can affect this flow by restricting or obstructing the blood—this is known as valve stenosis or narrowing. This puts extra strain on the heart so that it has to pump much harder to get the blood through the narrowing. If the valve doesn't close properly, then it's known as a leaky valve, valve incompetence, or regurgitation.

"I was beginning to lose hope when I came across your product. Since then, I have begun to recover greatly from my diseased heart valves, and I am now starting to feel much better."

- Linda, Wales

What Causes Diseased Heart Valves?

There are a few known causes, and these include being born with an abnormal valves, having had rheumatic fever, damaged heart muscle after a heart attack, or cardiomyopathy (a disease of the heart muscle). If you've had rheumatic fever or a previous condition with endocarditis, these can all have an effect.

One of the main causes of diseased heart valves is inflammation that builds up inside the heart. If this is removed, the symptoms of diseased heart valves will ease and eventually be eliminated.

Diseased Heart Valves FAQ

Q: I have diseased heart valves. What can you recommend to help?

A: Serrapeptase can help. When taken in BlockBuster AllClear, Serrapeptase, Nattokinase, and 13 other circulation-supporting nutrients can provide support for healthy arteries and the whole cardiovascular system..

Follow the Health Plan as recommended for the best results:

DISEASED HEART VALVES HEALTH PLAN

The following health plan is designed to provide relief for diseased heart valves and to promote long-term good health. Follow the Diseased Heart Valves Health Plan below, which includes a supplement regimen and recommendations of how to live a naturally healthy lifestyle, to achieve best results.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months)
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 - Take 1 capsule x 3 times per day, with the Blockbuster.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **HealthyFlow** - Arginine L-Lysine, L-Citrulline, Grapeseed Extract 95% AstraGin™ (contains Astraglaus membrenaceus and Panax notoginseng). This formula supports healthy blood vessels throughout the body. Take 4 teaspoons over the day in a little water or juice.
- **UB8Q10 Ubiquinol** - 8x more effective than CoQ10 at restoring cell energy. Take 2 x 2 times per day with food for 1 month (then 1 x 2 forever) as this supports the heart muscle, supports heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

Additionally, in the case of diseased heart valves, add:

- **D-RibosePlus** - Take 5 teaspoons x 2 times per day with liquid or food (this has studies with other nutrients which show its effectiveness at repairing heart valves).

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Heart Disease

What Is Heart Disease?

Heart disease in this section refers to a group of diseases that involve the heart or blood vessels local to the heart, including angina (cardiomyopathy), ischaemic or coronary heart disease, diseased heart valves, and heart failure.

Cardiovascular disease refers to any disease that affects the cardiovascular system, principally cardiac disease, vascular diseases of the brain and kidney, and peripheral arterial disease. These are all covered in the Cardiovascular Plan.

What Causes Heart Disease?

Heart and cardiovascular diseases remain the biggest cause of death worldwide, though over the last two decades, cardiovascular mortality rates have declined in many high-income countries as healthier lifestyle choices are adopted. At the same time, cardiovascular deaths and disease have increased at an astonishing rate in low- and middle-income countries as they take on the junk food and smoking habits of the Western countries.

Chronic inflammation (caused in the main by diet, missing nutrients in modern foods, stress, sugary drinks, and smoking) is clearly the cause of such diseases. The correct form of exercise can help in some cases but can make matters worse in others. Short, high-intensity exercise sets (e.g. 200 meter sprints) with recovery rests in between each set (also called interval training) are shown in studies to be far healthier than long-distance jogging exercise. Weight training is also recommended.

Since up to 50% of all deaths between the ages of 45 and 70 are caused by heart/cardiovascular diseases, "thinking" people should start to think about their health plan so they can remain in the other 50%.

Heart Disease FAQ

Q: Of your products, what is best for heart attack/stroke prevention?

A: BlockBuster and HealthyFlow are very good. Following my diet recommendations will also help.

"Many thanks for the valuable advice that you give to your subscribers, of which I am one. For your reference, I had a massive heart attack just over 7 years ago at the age of 64 at which time just under 30% of my heart muscle was lost.For six years, I was taking 40mg/day of Lipitor until I discovered through my belated research, the dangerous potential side effects of this statin drug.

I also discovered (thanks to your good advice) that by changing my eating habits, losing excess weight and doing regular exercise, I would be able to progressively distance myself from taking this particular drug. I have now been off Lipitor completely for seven months and just recently received the results of a full comprehensive blood test.

These results 'stunned' my doctor and of course gave me a great feeling of personal satisfaction and relief. I would like you to know that SerraEnzyme 80,000 iu Serrapeptase is top among other supplements that I have been taking for some time. (6-8 capsules SerraEnzyme 80,000iu per day). I have also found that by cutting out grains and processed foods and by reducing my sugar intake to basically only around 15-20g of fruit fructose per day, this has greatly assisted me in maintaining my health. My wife who is suffering from Fibromyalgia, has now commenced sharing my SerraEnzyme 80,000iu Serrapeptase capsules every day."

- Paul, Australia

Follow the Health Plan as recommended for the best results:

HEART DISEASE HEALTH PLAN

The plan below is recommended to heal heart disease and to start you on the path to good health. When followed with a naturally healthy lifestyle, it's possible for the heart condition to improve and for inner healing to begin. If followed consistently, the symptoms of heart disease will ease and eventually, good health will follow.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - Gives powerful support for the cardiovascular system. This includes support for healthy arteries, blood pressure and the circulatory system. SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months).
- **Serranol** - Serranol offers professional strength support for healthy joints, cells, heart, blood flow, circulation and cholesterol. SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 - Take 1 capsule x 3 times per day, with the Blockbuster.
- **Vitamin D3/K2 Spray** - Protect your heart against cardiovascular disease. Vitamin D3/K2 boosts a protein called MGP which protects blood vessels against calcification. Take 3 sprays, 2 times a day.
- **HartGard Drops** - Protects against the beginning stages of heart disease for mild heart muscle weakness, pressure and tightness of the chest, along with mild arrhythmia. It's also used as a tonic for an aging heart. HartGard drops contain sublingual nutrients for healthy heart function, cardiovascular health, healthy blood pressure and protection against strokes. Take 6 single sprays under the tongue over the day.
- **Magnesium Oil Spray ULTRA with OptiMSM®** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide range of absorption.
- **UB8Q10 Ubiquinol** - 8x more effective than CoQ10 at restoring cell energy. Take 2 x 2 times per day with food for 1 month (then 1 x 2 forever). This supports the heart muscle, supports heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Powerful antioxidant that bolsters immunity and reduces heart damaging inflammation. Take 1 softgel, 2 times per day with food.

Other Recommended Products

- **D-RibosePlus** - Take 2 teaspoons x 2 times per day with liquid or food (This has studies with other nutrients which show its effectiveness at repairing heart valves).
- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Vitamin E Mixed Tocotrienols (especially for cystic fibrosis)** - Suggested Formulation - 'Naturally Better Vitamin E' - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Essential Digestive Plus** - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Heart Failure

What Is Heart Failure?

Heart failure is caused by the heart failing to pump enough blood at the right pressure around the body. The heart muscle becomes too weak or stiff to work properly, and this means the heart needs more support to do its job. It doesn't mean that the heart will stop working.

What Causes Heart Failure?

There is no single cause, but if you have suffered with heart muscle weakness, high blood pressure, coronary heart disease, heart valve disease, atrial fibrillation, anemia, or an overactive thyroid gland, these are all probable causes.

Heart Failure FAQ

Q: What can you recommend for heart failure? I am 63 years old, suffered from heart failure recently and would like your advice please.

A: You should follow the advice in the following Heart Failure Health Plan. My advice is to stick to the really healthy foods in the diet plan and to avoid starchy carbs, processed foods, and so on..

"I have used Serrapeptase and Blockbuster AllClear for eight months. I had a heart attack last year. I was fit as a fiddle before my heart attack, and I'm just as fit now. I take six Serrapeptase tablets a day. Thank you."

- Roberta L., United Kingdom

Follow the Health Plan as recommended for the best results:

HEART FAILURE HEALTH PLAN

The health plan below is designed to relieve the symptoms associated with heart failure. By choosing to live a naturally healthy lifestyle and following the supplement regimen below, it's possible to recover from heart failure and to attain long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support a healthy heart - in order of priority:

- **BlockBuster AllClear** - Gives powerful support for the cardiovascular system. This includes support for healthy arteries, blood pressure and the circulatory system. SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months).
- **Serranol** - Serranol offers professional strength support for healthy joints, cells, heart, blood flow, circulation and cholesterol. Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 - Take 1 capsule x 3 times per day, with the Blockbuster.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **HealthyFlow** - Arginine L-Lysine, L-Citrulline, Grapeseed Extract 95% AstraGin™ (contains Astraglaus membrenaceus and Panax notoginseng). This formula supports healthy blood vessels throughout the body. Take 4 teaspoons over the day in a little water or juice.
- **UB8Q10 Ubiquinol** - 8x more effective than CoQ10 at restoring cell energy. Take 2 x 2 times per day with food for 1 month (then 1 x 2 forever). This supports the heart muscle, supports heart valves and is essential for all cell energy.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Krill Oil** - Suggested Formulation - The Krill Miracle -This powerful antioxidant bolsters immunity and reduces damaging heart inflammation.Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

Additionally, in the case of diseased heart valves, add:

- **D-RibosePlus**- Take 2 teaspoons x 2 times per day with liquid or food (this has studies with other nutrients which show its effectiveness at heart failure).

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Asbestosis

What Is Asbestosis, and What Causes It?

Asbestos can cause asbestosis, a scarring of the lungs that leads to breathing problems and heart failure. Workers who manufacture or use asbestos products and have high exposures to asbestos are often affected with asbestosis. The symptoms associated with this include developing increased breathlessness often with cough, sputum, and weight-loss.

One of the diseases associated with asbestosis is lung cancer; this usually occurs in the asbestos worker who smokes cigarettes. In fact, the risk of asbestosis for the asbestos worker who smokes is 90 times more likely than the non-asbestos, non-smoking worker.

" We were on a 3 week cruise and happened to meet one of the other passengers who was obviously in poor health. His lips were blue and his breathing laboured. When we got off to visit places, he could hardly walk. He was 72 years old and told us he suffered from asbestosis, emphysema and heart problems. Having used Serrapeptase for all my family and friends, I just had to tell him about it. I happened to have a spare bottle with me, so I gave it to him.

He took 3 per day for the rest of the cruise, and even I could hardly believe the improvement in his health. By the end of the cruise, his lips were pink and he was able to do the full excursions. I have spoken to him since, and he has bought some himself and is now able to drive for the first time in a long time."

- Mrs. Hardman

Follow the Health Plan as recommended for the best results:

ASBESTOSIS HEALTH PLAN

The plan intends to help your lungs in resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Magnesium Spray OIL ULTRA with OptiMSM®**-Increases absorption of magnesium and reduces pain. Spray liberally onto skin such as chest, arms and leg muscles to cover a wide area for absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Provides greater oxygen absorption and supports the entire respiratory system. Take around 20 drops in the mouth for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Vitamin E Mixed Tocotrienols** - Suggested Formulation - Naturally Better Vitamin E - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule x 2 times per day, with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Bronchial Asthma

What Is Bronchial Asthma?

Asthma is a range of several related diseases with a number of causes. It is possible for asthma to be life-threatening if it is only medicated, and the condition should be taken seriously.

If you have asthma, it's critical to:

1. Take asthma seriously.
2. Start taking asthma medications.
3. Get help if asthma symptoms don't clear up.
4. Pay attention to asthma symptoms.
5. Come up with a plan to wean yourself off asthma medication and control the condition without the use of drugs; drugs have short and long-term side effects that can shorten your life.

What Causes Bronchial Asthma?

The pharmaceutical industry would love for you to believe that asthma is triggered by dust mites, pollution, genetics, and more. This leaves you without any answers, forced to continue using asthma medication. The alternative viewpoint is that panic attacks and diet can trigger allergies; anxiety and the absence of friendly bacteria are contributing factors. Some people may be genetically predisposed to asthma, but this is not a life sentence. Proper rehabilitation can help to clear up asthma, even in these cases.

Common triggers of asthma include:

- Allergies
- Infections
- Intense exercise
- Stress/anxiety/excitement
- Cold air
- Occupational dust/vapor
- Air pollution
- Cleaning products
- Drugs

All of these asthma triggers cause inflammation. As a result, the asthma drug of choice is an anti-inflammatory steroid.

Bronchial Asthma FAQ

Q: How can Serrapeptase help with Asthma, and how many should I take?

A: Serrapeptase helps immensely as it clears out all of the inflammation, mucus, and dead scar tissue. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue, with better bronchial/lung function as a result. Start with 2 tablets of Serrapeptase x 3 times per day on an empty stomach and increase to 4 x 3 if no relief within 7 days. Then gradually reduce to 1 x 1.

"I took Serrapeptase 1 capsule (80,000 iu) x 3 times per day for asthma which I have recently developed, but it didn't seem to make a great deal of difference. I have now doubled that dose and find it makes an enormous difference. I can breathe reasonably freely again though at my age (86), I am not playing soccer. I look forward to even better results shortly. Best wishes."

- Reg W.

"Many thanks for the Serrapeptase tablets and the OxySorb. I am amazed at the difference 20 drops can make to my breathing when I take my walk each day. Fantastic! As far as the tablets are concerned, I really have no way to measure their effect, but I feel much better. I see the consultant on November 2nd with a new lung test, so hopefully, I can report an improvement."

- Alan Kirton

Follow the Health Plan as recommended for the best results:

BRONCHIAL ASTHMA HEALTH PLAN

The plan intends to help your lungs in resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Magnesium Oil Spray ULTRA with Opti MSM®** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as chest, arms and leg muscles to cover a wide area for absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **ResSpray** - Take 3 sprays x 3 times per day. Provides relief for asthma and bronchial discomfort.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Bronchiectasis

What Is Bronchiectasis?

Bronchiectasis (brong-kee-ECK-tah-sis) is a rare lung condition that can occur in infants and older children; adults can get bronchiectasis in some cases. Without any related complications, bronchiectasis isn't considered serious, but it can become a lifestyle issue when other health problems are present. Bronchiectasis does not have a cure and can inhibit a normal lifestyle without the proper treatment.

In bronchiectasis, bronchial tubes will become distended and enlarged to form pockets of infection. When the walls become damaged, it will impair the lungs' cleaning system. Tiny hairs (cilia) that line the bronchial tubes and filter germs, dust, and excess mucus are affected. When the cleaning system of the lungs is compromised, bacteria, mucus, and dust will build up. This breeds infection that is difficult to treat.

What Causes Bronchiectasis?

Bronchiectasis is the result of a number of infections that cause damage to the bronchial walls and cilia. Some people may be predisposed to the health condition due to a number of inherited or congenital deficiencies, including cystic fibrosis and immunological deficiency.

In rare cases, a genetic abnormality of the cilia may make a person more susceptible to bronchiectasis. Pneumonias caused by whooping cough and childhood measles may also trigger a predisposition to the condition by breaking down the walls of the bronchial tubes to allow pockets of infection to form.

If an obstruction presses on the inner bronchial tubes or blocks the outside of the bronchial tubes, it can also trigger bronchiectasis. In children, choking on a small object like a nut that gets lodged in the windpipe may block off an air tube. If this occurs, it will injure the wall of the tube and prevent air from passing. The bronchial tube below the obstruction will balloon out and collect infection and pus.

Bronchiectasis FAQ

Q: Our 2-year-old son has bronchiectasis, as a result of post-infection damage from pneumonia. This happened a year ago, and he has been treated with antibiotics (azithromycin) prophylactically last winter and for 2 weeks whenever he has cough (ongoing). We would like to start giving him Serrapeptase and have bought Good Health Naturally 80,000 IU strength tablets. However, these might be difficult for him to take. Please can you advise me on the dosage we should give him?

Also, can we give him a day's dosage in one go, rather than 3 times a day? We could give it to him in the morning, on an empty stomach. Also, might capsules be easier? And can you recommend a brand?

A: I feel you are jumping the gun as to what is needed to completely clear up his problems. A relief for Bronchiectasis based upon my book Bronchiectasis Rehabilitation in 30 Days is all in here. Please have a good read through the Bronchiectasis Health Plan.

"Dear Robert, Thank you for your Serrapeptase. It's the best route to take in helping the prevention of Pleurisy and Bronchiectasis. I have just ordered the SerraEzyme 80,000 as you advised in your email. Thank you for the time and help you have already afforded to me, and I shall most certainly heed the advice you have already given me. With many thanks again."

- Sue W.

Follow the Health Plan as recommended for the best results:

BRONCHIECTASIS HEALTH PLAN

The plan to help your bronchiectasis includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** -Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Magnesium Oil Spray ULTRA with Opti MSM®** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and legs to cover a wide range of absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Items

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Digestive Enzymes - Suggested Formulation** - Essential Digestive Plus - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Vitamin E Mixed Tocotrienols** - Suggested Formulation - Naturally Better Vitamin E - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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Bronchitis

What Is Bronchitis?

Bronchitis occurs when the mucous membranes that transport air to the lungs become inflamed. Cases of bronchitis may be acute or chronic.

Acute bronchitis can start out as a cough and may be related to an acute, viral illness, like influenza or the common cold. Viruses are responsible for roughly 90% of acute bronchitis cases, compared to bacteria at less than 10%.

Chronic bronchitis is a type of COPD, characterized by a cough that lasts from three months to a year, for at least two years. Chronic bronchitis may be the result of recurrent airway injury related to inhaled irritants. For example, cigarette smoking is a common cause of chronic bronchitis, next to occupational exposure and air pollution.

"I have suffered with acute bronchitis for years. I felt certain that I was going to have it forever and the symptoms were so painful. Now I can see that Serrapeptase was the answer all along. Since taking it the inflammation is easing, and I'm no longer feeling so much mucous in my throat. The coughing is clearing, and finally I feel like I can breathe easy!"

- Janet, Cheshire

What Causes Bronchitis?

The main cause of bronchitis is chronic inflammation related to:

- Eating too many starchy foods
- Dairy foods
- Weak immune system
- Air pollution
- Smoking

A diet that is deficient in vegetables and enzymes will also contribute to bronchitis and increase the likelihood of infection.

Bronchitis FAQ

Q: How can Serrapeptase help with Bronchitis?

A: Serrapeptase helps immensely as it clears out all of the inflammation, mucus, and dead scar tissue. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue and better lung function as a result.

Follow the Health Plan as recommended for the best results:

BRONCHITIS HEALTH PLAN

The plan intends to help your lungs in resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Magnesium Oil Spray ULTRA with OptiMSM®** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide range of absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Vitamin E Mixed Tocotrienols** - Suggested Formulation - Naturally Better Vitamin E - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule per day, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Chronic Cough

What Is Chronic Cough?

If you have a cough that has lasted for over three weeks, it could be chronic. A health condition that is chronic means that it lasts for quite some time.

Ask yourself:

- Am I coughing up thick green or yellow phlegm?
- Am I wheezing or whistling when I breathe in?

Answering yes to either of those questions could mean that you need to see your doctor right away.

"Orthodox drugs often have unwanted side effects. That's why I was interested when someone told me about Serrapeptase. To be honest I am delighted with it. If I have a cold or a chesty cough, I find it's completely gone in a couple of days."

- S.T., Doncaster

What Causes Chronic Cough?

A virus is the main cause of chronic cough, in most cases. Smoking can also contribute to a cough that won't go away. It's important to stop smoking as soon as possible.

Postnasal drip related to allergies can trigger a cough. Postnasal drip means that mucus will run down the throat from the back of the nose.

Chronic Cough FAQS

Q: How can Serrapeptase help with Chronic Cough, and how many do I have to take?

A: Start with 3 tablets of SerraEnzyme Serrapeptase 80,000IU x 3 times per day on an empty stomach and increase it to 4 x 3 if no relief within 7 days. Then gradually reduce to 1 x 1.

Follow the Health Plan as recommended for the best results:

CHRONIC COUGH HEALTH PLAN

The plan to help your chronic cough includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

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- **Magnesium Oil Spray ULTRA with OptiMSM®** - Increases absorption of magnesium and reduces pain. Apply liberally onto skin such as the chest, arms and leg muscles to cover a wide area of absorption.
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- **Vitamin E Mixed Tocotrienols** - Suggested Formulation - Naturally Better Vitamin E - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

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COPD

What Is COPD?

COPD (Chronic Obstructive Pulmonary Disease) affects millions of people in the Western world and is considered to be the fourth leading cause of death. COPD sufferers may have symptoms of emphysema and chronic bronchitis, as well as bronchial asthma. However, asthma is a condition that should be treated separately.

"Hello Robert, just wanted to tell you the Serrapeptase has been a great help for me. My breathing has improved and the tiredness is much less now. I have been so impressed with the results."

- Maureen G.

What Causes COPD?

In many cases, COPD occurs secondary to chronic inflammation from high glycemic foods (high in sugar and starch), a nutritionally deficient diet, tobacco use, and pollution. Though cystic fibrosis results from an alpha-1 antitrypsin deficiency, some rare types of bullous lung disease and bronchiectasis may also be contributing factors.

COPD FAQ

Q: Hi, I was very excited to discover your website. My mum is 64 and is very poorly with COPD. She has almost every puffer and tablets in the doctor's surgery and is getting worse. I would love a copy of your book—could you email it or post it? I'm not very good with computers so not quite sure how the eBooks work. I will try anything to get my mum better; she deserves so much more than she has now. I would like to buy some of the Serrapeptase and am trying to work out how to do this on the computer. Thank you for your advice and information.

A: Follow the COPD Health Plan, as well as the eBook. Email everyday if needed.

Follow the Health Plan as recommended for the best results:

COPD HEALTH PLAN

The plan to help your COPD includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

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Cystic Fibrosis (CF)

What Is Cystic Fibrosis (CF)?

Cystic fibrosis (CF) is a genetic disorder that occurs in cells lining the pancreas, sweat glands, small intestine, and lungs. Mucus houses infection and leads to the destruction of lung tissue; it also interferes with gas exchange in the lungs. Mucus will prevent nutrient absorption in the small intestine by blocking pancreatic ducts that normally release digestive enzymes.

Cystic fibrosis is the most prevalent life-threatening genetic disease among Caucasians, though it can occur in all races and ethnicities. Cystic fibrosis will lead to malnutrition, weight loss, growth failure, and eventually, premature death.

With this condition, it's critical to improve nutrition and prevent chronic malnutrition symptoms like:

- Being underweight
- Fat malabsorption
- Insufficient pancreatic function
- Abdominal pain
- Rectal prolapse
- Gut obstruction
- Heartburn
- Respiratory infection
- Pancreatitis
- Peptic ulcers
- Crohn's disease
- Liver disease
- Excessive mucus

What Causes Cystic Fibrosis?

Cystic fibrosis is considered the most common hereditary genetic disease, possibly caused by a mineral deficiency. Cystic fibrosis worsens with a poor diet.

Cystic Fibrosis FAQ

Q: How is Cystic Fibrosis treated, and how can Serrapeptase help?

A: Since CF is a genetic disease, it cannot be cured at present. A careful nutrition plan is essential. The current nutrition treatment for CF depends on the stage of the disease. Optimal nutrition management, however, is essential to optimize growth, quality of life, and survival

Serrapeptase is the most effective enzyme for clearing inflammation and mucus. By keeping mucus down in the intestines and lungs, bacteria cannot multiply so easily, keeping infections down (the cause of the damage).

"My daughter Holly is now 13 and was diagnosed at birth with cystic fibrosis. She has been on Serrapeptase for over a year now (Blockbuster All Clear and SerraPlus+ with trace minerals 4x per day), and I would continue this as I do believe that it contributes to her wellbeing and quality of life.

Three years ago, she was very poorly with pneumonia, and the subsequent annual x-rays revealed a damaged area on her top right lung that was unlikely to ever fully recover. Last July, her latest x-ray revealed that the area had cleared up completely. Also, her weight and height levels for her age are higher, and people have remarked how well she looks since being on the Serrapeptase. Family members have also stated that her skin colour is now a much healthier pink colour. She is often mistaken for a 15-year-old.

Holly has physiotherapy treatment every day to help clear mucus from her airways. This is very important as the mucus is a target breeding area for bacteria to grow. Serrapeptase reduces inflammation that can cause further mucus production, especially in the lungs. Although Holly still produces a small amount of mucus from physiotherapy, it is not every day, and most importantly, she has been well since taking Serrapeptase which has kept her lungs clear."

- James T.

Follow the Health Plan as recommended for the best results:

CYSTIC FIBROSIS HEALTH PLAN

The plan to help your cystic fibrosis includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
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- **D.I.P. Daily Immune Protection**- Take 1 capsule twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Take about 20 drops in the mouth, swish around for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Vitamin E Mixed Tocotrienols (especially for cystic fibrosis)** - Suggested Formulation - Naturally Better Vitamin E - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule, 2 times per day with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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Emphysema

What Is Emphysema?

Emphysema occurs when the alveoli, or air sacs, in the lungs are destroyed; this is where oxygen in the air is replaced with carbon dioxide in the bloodstream. The walls of these air sacs are delicate and thin. When they are damaged, permanent holes are created in lower lung tissue. As air sacs are damaged, the lungs lose their ability to transfer as much oxygen to the blood, resulting in shortness of breath. The lungs will also have less elasticity. This may cause difficulty breathing, especially when exhaling, triggering even more breathing problems.

What Causes Emphysema?

Emphysema isn't a condition that develops suddenly; it will occur gradually after long-term exposure to inflammation. The first indication comes with shortness of breath in physical activity. As the condition progresses, even a short walk can cause a bout of breathing issues. Chronic bronchitis may develop before emphysema occurs.

The main cause of emphysema is chronic inflammation related to:

- Eating too many starchy foods
- Dairy foods
- Weak immune system
- Air pollution
- Smoking

A diet that is deficient in vegetables and enzymes will also contribute to emphysema and increase the likelihood of infection. Remember, the first sign of emphysema is shortness of breath in physical activity.

Emphysema FAQ

Q: Hi Robert, I recently read your book, The Miracle Enzyme, and have since bought Serrapeptase 80,000iu for my illness emphysema. I have been taking MSM and seemed to be getting on okay. Is it ok to take both?

A: Yes, take both together by all means. I have a new action plan to clear Emphysema below.

"In January, I lost my oldest brother to cancer. My other brother was upset that he couldn't help him, so this became my mission. For several years, I have had asthma and emphysema, along with chronic fatigue and fibromyalgia, as well as nerve damage in the top part of my right leg for 27 years. My brother sent me the book about the SerraEnzyme plus 4 bottles. I started taking 4 capsules, three times a day.

My first experience: Two weeks later, I was out with my husband when all of a sudden I started holding onto my husband. It was like huge electrodes going off in my leg; I was holding on to him because the pain was so intense, and I was scared. My husband wanted to call the emergency crew. The pain lasted for 10 minutes or so, and then it was gone. I put my hand on the 'dead' portion of my leg, and I could feel my leg. It hurt to touch, but I didn't care. I just started tapping my fingers on my leg. That was an awesome experience. I can now go for walks without limping, but I do get a bit tired sometimes.

My second experience: One and a half months later, at 3am, I woke up in bed, and I realized I could actually breathe. I was taking deep breaths, so I woke my husband up and asked him if he wanted to hear me breathe. He patted my head. At 5am, I woke him up again and asked him if he wanted to hear me breathe through my nose. Again, he patted my head, but I was so excited. I have now put my nebulizer in the closet and have since only used each of my inhalers once."

- Lore L.

Follow the Health Plan as recommended for the best results:

EMPHYSEMA HEALTH PLAN

The Emphysema plan intends to help your lungs in resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

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Supplements to support healthy lungs - in order of priority:

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- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Provides greater oxygen absorption and supports the entire respiratory system. Take around 20 drops in the mouth for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
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Other Recommended Products

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Fibrosis

What Is Pulmonary Fibrosis?

Fibrosis, including IPF, is the result of thickened or scarred lung tissue. Pulmonary fibrosis, Wegener's Granulomatosis, and Sarcoidosis all include fibrosis.

What Causes Pulmonary Fibrosis?

Pulmonary fibrosis may be the result of a number of factors, like:

- Mineral deficiency, especially Selenium and Iodine
- Infections
- Chronic inflammation
- Environmental agents, like silica, asbestos, or certain gas exposure
- Ionizing radiation exposure, including radiation therapy to treat chest tumors
- Chronic health conditions, i.e. rheumatoid arthritis and lupus
- Some medications

A condition called hypersensitivity pneumonitis causes lung fibrosis to develop after a heightened immune response when organic dust or occupational chemicals are inhaled. This condition most often occurs when contaminated dust containing fungi, bacteria, or animal products is inhaled.

Sometimes, fibrosis and chronic pulmonary inflammation can develop without any known cause. Many of these patients are diagnosed with idiopathic pulmonary fibrosis (IPF) that will not respond to medical treatment; other types of fibrosis, like non-specific interstitial pneumonitis (NSIP), may respond better to immunosuppressive therapy or immune balancing nutrients.

In either of these cases, it's important to use the Pulmonary Rehabilitation Plan to clear up the condition completely or to manage the health issue without the use of medication.

Pulmonary Fibrosis FAQ

Q: I was diagnosed with pulmonary fibrosis 3 years ago and took steroids for 2½ years. I was weaned off them altogether at the end of June this year. Please could you tell me what dose of Serrapeptase I should take and how long before I notice any improvement?

A: To recover PF takes more than Serrapeptase on its own. The plan is found below.

"Dear Robert Redfern, I received your miracle enzyme book from Amazon.com. What a super book! It is so informative. I have pulmonary fibrosis and on 3 Serrapeptase80,000iu 3x daily for the last month. My coughing, phlegm, mucus, and tightness in chest have decreased by 75%. I feel much better... Thank you so much for your book. It has saved my life. May God bless you now and forever."

- Robert J., United States

"Hi Robert, I never really got round to thanking you. In November 2010, I was diagnosed with lung fibrosis, I sent for your SerraPlus +, and I did the whole course, along with the other things. I had an x-ray in April 2012, and much to my surprise, my lung x-ray was clear. Now I am feeling fine, so once again, thank you so much for this product."

- D. Dunning

"Robert, I was diagnosed with pulmonary fibrosis, and from walking long distances for pleasure, I deteriorated until I could not even walk to town. I live on the second floor and had to stop for a rest half way up. The doctors wanted to put me on steroids but did not expect much improvement. I spoke to David, and he recommended Serranol, Oxysorb, and Hydrosol Silver. I have found it absolutely amazing. I can now walk to town and back (about three miles), carry some shopping, and climb all the way up the stairs without stopping. I will continue and hope before long to resume my long walks."

- R. Turner

Follow the Health Plan as recommended for the best results:

PULMONARY FIBROSIS HEALTH PLAN

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- **Krill Oil -** Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule x 2 times per day, with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Pneumoconiosis

What Is Pneumoconiosis (Miner's Lung)?

Pneumoconiosis includes asbestosis and other industrial/dust lung conditions, like Farmer's Lung, Berylliosis, Miner's Lung, Aritosis, Siderosis, and Stannosis.

What Causes Pneumoconiosis?

Pneumoconiosis occurs when the lungs are damaged from dust and other industrial materials. Fiber and asbestos dust can trigger asbestosis as the lungs scar, causing breathing issues and eventual heart failure due to lack of oxygen. Asbestosis is often associated with lung cancer, which may develop in an asbestos worker that also smokes cigarettes.

Risk increases 90 times in an asbestos worker that smokes compared to a non-smoker that works in an asbestos-free environment.

Other dust diseases may include:

- **Berylliosis:** After inhaling beryllium dust.
- **Baritosis, Siderosis, and Stannosis:** After inhaling barium sulphate, iron oxide (arc-welding fumes), and tin oxide respectively.
- **Coal Worker's Pneumoconiosis:** After inhaling coal dust.
- **Farmer's Lung:** After exposure to cereal, grain, or other industrial dust.

Mesothelioma of the pleura is an asbestos-related condition that is both serious and malignant, albeit rare. Compared to asbestosis, malignant pleural tumor mesothelioma may not be related to heavy asbestos fiber exposure.

Pneumoconiosis FAQ

Q: How can Serrapeptase help with Pneumoconiosis?

A: Serrapeptase helps immensely as it clears out all of the inflammation, mucus, and dead scar tissue. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue and better lung function as a result.

"Hi Robert, a week ago I contacted you after you were on The Power Hour Show and told you a little about myself and my 2 year lung problem. I had one of your books but had not read it. I got right to it and did not stop until I finished it. It was such a detailed book for anyone to obtain health if followed.

I am now breathing like a normal healthy person after only a week. I started with three Serrapeptase capsules and one Curcuminx4000 capsule, three times a day, and since I do not eat processed foods, I just upped my raw vegetable intake and water. I feel wonderful, and now I'm beginning to exercise. Thank you, thank you."

- Judy P.

Follow the Health Plan as recommended for the best results:

PNEUMOCONIOSIS HEALTH PLAN

The plan to help your pneumoconiosis includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Magnesium Spray OIL ULTRA with OptiMSM®** - Increases absorption of magnesium and reduces pain. Spray liberally onto skin such as chest, arms and leg muscles to cover a wide area for absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Provides greater oxygen absorption and supports the entire respiratory system. Take around 20 drops in the mouth for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Vitamin E Mixed Tocotrienols** - Suggested Formulation - Naturally Better Vitamin E - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule x 2 times per day, with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Pulmonary Embolism

What Is Pulmonary Embolism?

Pulmonary Embolism refers to a blockage in the main artery of the lung or one of its branches. This is caused by a substance that has travelled from somewhere else in the body and in through the bloodstream.

What Causes Pulmonary Embolism?

This is a common result of deep vein thrombosis, where a blood clot breaks off and then migrates into the lung, in a process known as venous thromboembolism (VTE). This blockage could be caused by numerous factors, including embolization of air, talc in drugs of intravenous drug users, fat, or amniotic fluid. The obstruction of the blood flow to the lungs and the resulting pressure on the ventricle of the heart can lead to the signs of PE.

Symptoms can include chest pain, difficulty breathing, and palpitations; clinical signs can include rapid breathing and heart rate, along with a low blood oxygen saturation rate. In severe cases, Pulmonary Embolism will lead to extremely low blood pressure, collapse, and even sudden death.

Pulmonary Embolism FAQ

Q: My wife has pulmonary embolism—tissue blockage in the pulmonary artery. She has been advised to have a surgery similar to bypass surgery and is at high risk. At present, she has difficulty in breathing, and if she walks, she would have difficulty in breathing a lot. She was identified with DVT last year in Feb 2011 and later she was put on 1) warfarin 2) bosentan for reducing pressure of the blood in the pulmonary artery 3) sildenfil citrate as this too helps in reducing pressure in the pulmonary artery.

As per the diagnosis, she needed to go through surgery, but I want to check out if you have ever come across any such case and if Serrapeptase would have helped?

A: The Lung Health Plan is the full plan she needs to follow to get healthy. You can start with very simple things such as really healthy food and drinking water. If you want my help coaching you to help her, then please come back to me.

"My sister was diagnosed with pulmonary embolism and is having difficulty breathing. She was suffering from depression as she couldn't work and was taking too many meds to reduce pressure in her artery. She needed surgery, but my aunt recommended that she try taking Serrapeptase first. We gave her Blockbuster AllClear and Serranol at the same time. We also tried Oxysorb. Within just a week, her breathing became better. She can walk within two blocks without feeling dizzy or out of breath. And today, there is no more blockage in her lung. She no longer needs surgery."

- Alea Q., Australia

Follow the Health Plan as recommended for the best results:

PULMONARY EMBOLISM HEALTH PLAN

This pulmonary embolism health plan is designed to provide relieve for the signs and symptoms of this lung condition. When combined with a naturally healthy lifestyle, it's possible for improved results to appear in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **BlockBuster AllClear** - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 2 x 3 times per day, 30 mins before eating and drop to 1 x 3 after 1 month (plan on 1-2 months).
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 1 capsule x 3 times per day with the Blockbuster.
- **HealthyFlow** - Take 2 teaspoons, 2 times a day in water or food. Contains L-arginine, L-lystine and L-citrulline that support healthy blood and arteries.
- **UB8Q10 Ubiquinol - (8x more effective than CoQ10)** - 2 x 2 times per day with food for 1 month (then 1x2 for ever) as this supports the heart muscle, supports heart valves and is essential for all cell energy).
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Take 1 capsule x 2 times per day. Replaces missing essential nutrients.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and supports a positive mental state. Take 1 teaspoon x 2 times per day.

Additionally, in the case of diseased heart valves, add:

- **D-RibosePlus** - Take 2 teaspoons x 2 times per day with liquid or food (this has studies with other nutrients which show its effectiveness at repairing heart valves).

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Pulmonary Tuberculosis

What Is Pulmonary Tuberculosis?

Pulmonary Tuberculosis is a contagious bacterial infection caused by TB, or Mycobacterium tuberculosis. Tuberculosis can easily spread from one person to another in the air. When a person has TB in their lungs or throat and laughs, coughs, sneezes, or talks, TB germs can spread into the air. If someone with a weak immune system inhales these germs, they could contract a tuberculosis infection.

What Causes Pulmonary Tuberculosis?

There is a difference between contracting a TB infection and having TB disease. A person with a healthy immune system that is infected with TB has TB bacteria living in their body. A healthy immune system will protect against these germs to prevent sickness.

If someone has TB disease and a weakened immune system, the disease can easily spread to other people. A person with tuberculosis needs to see a doctor as quickly as possible. Fortunately, it is fairly difficult to become infected with TB.

In most cases, you would have to spend a large amount of time with a person that has TB disease. TB may spread more easily between friends, family members, and co-workers. TB is spread in enclosed spaces over prolonged periods of time. In order for the disease to develop, tuberculosis bacteria must become pathogenic; a person under stress, eating a poor diet, or with a weakened immune system is more susceptible.

Healthy people can become infected with TB, but they are less likely to get sick. It should be your number one goal to become healthy.

Pulmonary Tuberculosis FAQ

Q: How can Serrapeptase help with tuberculosis?

A: Serrapeptase helps immensely as it clears out all of the inflammation, mucus, and dead scar tissue. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue and better lung function as a result.

Writer Jenny Pulling interviews Mrs. Dean:

"I am on the same treatment as those with TB," she says,

"They are vicious drugs, and sometimes I think TB would be easier to cure. I asked the cardiologist if I could knock off these drugs, and he said I must get rid of the inflammation."

Mrs. Dean believes that Serrapeptase is helping her with this and that her breathing has improved. Although she has always had an inhaler beside her bed at night, she now finds that even when she forgets to use it she doesn't notice any ill effects.

Follow the Health Plan as recommended for the best results:

PULMONARY TUBERCULOSIS HEALTH PLAN

The plan to help your pulmonary tuberculosis includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy lungs - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Magnesium Spray OIL ULTRA with OptiMSM®** - Increases absorption of magnesium and reduces pain. Spray liberally onto skin such as chest, arms and leg muscles to cover a wide area for absorption.
- **D.I.P. Daily Immune Protection** - Take 1 capsule, twice daily with food. Protects against infection and maintains a balanced immune system.
- **OxySorb** - Promotes oxygen absorption. Take OxySorb formulation if you have breathing problems. Provides greater oxygen absorption and supports the entire respiratory system. Take around 20 drops in the mouth for at least 30 seconds and then swallow. Use as needed.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Digestive Enzymes** - Suggested Formulation - Essential Digestive Plus - For healthy digestion and nutrient absorption. Take 1 capsule as you start your meals, 3 times per day.
- **Vitamin E Mixed Tocotrienols** - Suggested Formulation - Naturally Better Vitamin E - Protects healthy fats from oxidising and causing free radical damage. Take 1 capsule, 2 times daily.
- **Krill Oil** - Suggested Formulation - The Krill Miracle - Replaces missing essential nutrients. Take 1 capsule x 2 times per day, with food.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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Erectile Dysfunction (ED/Impotence)

What Is Erectile Dysfunction?

Erectile dysfunction, otherwise known as impotence, occurs when a male is unable to sustain an erection during sexual intercourse. The penile erection occurs when blood enters and is retained within the penis. This is often caused by sexual arousal, where signals are sent from the brain and directed to the nerves within the penis.

"I have been taking the Serrapeptase as recommended by you. I was struggling to maintain an erection. It was embarrassing for both me and my wife, who one day soon hopes to have a baby. I wasn't holding any hope that anything could help me and simply put it down to my age. Now I can see that by taking the Serrapeptase and following a healthy lifestyle as you suggested, the blood flow is improving – and so are things in the bedroom!'

- Tom, Bolton

What Causes Erectile Dysfunction (Impotence)?

The important cause is cardiovascular disease. Diabetes and neurological problems (such as trauma or prostatectomy surgery), hormonal insufficiencies, and drug side effects can all cause erectile dysfunction.

Erectile Dysfunction (Impotence) FAQ

Q: I would very much appreciate your knowledge/thoughts. My husband (27 yrs) has had lifelong Erectile Dysfunction (ED) (since puberty). We have tried all kinds of treatment. He cannot use Viagra, etc. due to side effects. Through combing the web, I found the term 'venous insufficiency' and a blog where a few guys discussed the exact symptoms my husband has. Blood may initially flow in, but an erection is simply not maintained. Have you heard of this? Has it been successfully treated? Thank you.

A: There are two things I recommend:

1. HealthyFlow - for improving blood flow

2. MacaPro - for maintaining a strong hormone balance

So you know, my wife and I take them for their great effects.

Follow the Health Plan as recommended for the best results:

ERECTILE DYSFUNCTION (IMPOTENCE) HEALTH PLAN

The following health plan is designed to provide relief and support for erectile dysfunction (ED) and impotence. When this plan is committed to and combined with a naturally healthy lifestyle, it's possible to see results in a few short weeks, for ED to improve, and to achieve the ultimate goal: lifelong good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support men's health - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal. Take with water and reduce to 1 x 3 after a good relief. Clears any inflammation, may improve health of arteries, may improve sexual function up to 3 times better than Viagra (in an 8 week study). It may also contribute to healthier arteries.
- **HealthyFlow** - Takes 2 teaspoons, 2 times a day in water or food. Provides healthy blood flow to enhance sexual function and may also contribute to healthier arteries.
- **Rosavin** - Take 1 capsule, 2-3 times daily. Relieves fatigue and stress. A 3 month study showed substantial improvement in erectile dysfunction.
- **Nascent Iodine** -Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **MacaPro** - Take 1 scoop, twice daily. Balances the endocrine and hormonal system.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Male Fertility

What Is Male Fertility Health, and What Causes Infertility?

It is 99% certain that diet and lack of critical nutrients are to blame for the devastating drop in fertility and sperm count in men. Men struggling with infertility may suffer from weak or low sperm count, as well as poor ejaculation.

Low sperm count, called oligospermia, occurs when a man ejaculates semen with fewer sperm than normal; semen with the absence of sperm is known as azoospermia. Fewer than 15 million sperm per milliliter of semen is considered a low sperm count.

Sperm issues are the most common cause of male infertility, though male infertility can also stem from problems with ejaculation. If tubes within the male reproductive organs are blocked, a man may not be able to ejaculate, or ejaculate may be pushed from the prostate back into the bladder instead of being released by the body. Ejaculatory disorders may include premature ejaculation, retrograde ejaculation, and failure to ejaculate.

"Your recommendations have helped me greatly. I am taking the SerraPlus+ on a regular basis, along with the Curcumin. I am already beginning to see an improvement to my overall health, and after four unsuccessful attempts, I can now report that me and my wife are expecting a baby. We are made up and want to thank you for suggesting Serrapeptase to us."

- Jon B., Wales

What Is the Treatment?

Treat yourselves as you would if you were a breeder of rare pedigree animals—you would feed your animals the most perfect food available, and you should do the same with yourself.

Male Fertility FAQ

Q: How can I improve my sperm count, and what do you recommend for me?

A: You need to follow the healthy lifestyle plan as outlined in the Fertility Health Plan.

Follow the Health Plan as recommended for the best results:

MALE FERTILITY HEALTH PLAN

The health plan below is designed to improve sperm count and male fertility. By following the supplement regimen and choosing a naturally healthy lifestyle in the long-term, it's possible to boost your fertility and overall health. For female fertility help, please see the Female Fertility Health Plan on page 263.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support men's health - in order of priority:

- **UB8Q10 Ubiquinol** - Essential for stronger sperm. 8x more effective at restoring cell energy than CoQ10. Take 2 capsules x 2 times a day with food.
- **Prostate Plus+™** - Essential for a strong and healthy ejaculation. Take 2-4 capsules per day.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Astaxanthin** - A powerful antioxidant that boosts and enhances the reproductive system. Take 2 x 2 times per day.
- **MacaPro** - Balances the hormonal system. Take 1-2 teaspoons daily.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **B4 Health Spray** - Contributes to hormonal balance. Take 4 sprays, 1-2 times per day.

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Peyronie's Disease

What Is Peyronie's Disease?

Peyronie's Disease is a connective tissue disorder that consists of fibrous plaques that grow within the soft tissue of the penis. Peyronie's Disease is estimated to affect about 10% of men.

What Causes Peyronie's Disease?

Scar tissue forms in the tunica albuginea, which is the thick tissue sheath that surrounds the corpora cavernosa. This causes pain, erectile dysfunction, abnormal curvature, loss of girth, indentation, and shortening. There are a variety of treatments that can be used, but Serrapeptase is the most effective. Fibrosis has many causes, but it is thought that eating a high-starch diet and a lack of iodine are two big factors that should be addressed.

"My wife and I have been using your products, namely Serrapeptase, Blockbuster and Curcuminx4000, for nearly seven months to treat Peyronie's Disease, with a great deal of success and continuing."

- Stuart G.

Follow the Health Plan as recommended for the best results:

PEYRONIE'S DISEASE HEALTH PLAN

By following the plan below along with a naturally healthy lifestyle, it's possible for Peyronie's Disease symptoms to ease and the body to eventually begin to heal itself.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support men's health - in order of priority:

- **BlockBuster AllClear** - SerraEnzyme Serrapeptase, Nattokinase and 13 other circulation supporting nutrients. Take 3 x 3 times per day, 30 minutes before eating. Drop to 2 x 3 after 1 month (plan on 4 months). Note in stubborn cases extra Serrapeptase can be taken with the BlockBuster
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **B4 HealthSpray** - Take 4 sprays x 2 times per day. Contributes to hormonal balance and clears any pain and inflammation.
- **HealthyFlow** - Contains L-Arginine, L-Lysine, L-Citrulline, Grapeseed Extract and 95% AstraGin (contains Astragalus membrenaceus and Panax notoginseng). This formula supports healthy blood flow throughout the body and especially into the penis. Take 1 scoop, twice daily.
- **Pain Genie** - The ultimate solution for powerful pain relief support. It has been tested on enough people to give a 100% guarantee of success. It can be purchased with a money back guarantee or rented for 1 month.

It is critical to follow a really healthy foods plan as part of your recovery.
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Prostate Health

What Is the Prostate?

The prostate is the male sex gland, and it can be found beneath the bladder. Around the size of a walnut, the prostate fits around the urethra, carrying urine away from the bladder. It also produces a thick fluid that is part of the semen.

What Problems Can Develop with the Prostate?

• **Prostatitis** occurs when the prostate grows swollen and enlarged, resulting in deep pelvic pain or pain during urination or ejaculation. Prostatitis may be caused by an infection.

• **Benign Prostatic Hyperplasia (BPH) or Enlargement (BHE)** occurs in men over the age of 50. If the prostate grows enlarged to squeeze the urethra, it can cause difficulties in urination.

• **Prostatodynia** is a long-term, chronic prostate disease. Though the disease does not have signs of inflammation or infection, it can cause pain and discomfort in the pelvis.

• **Prostate Cancer** is one of four life-threatening prostate disorders. Prostate cancer can often develop without noticeable symptoms; one in 11 men may have prostate cancer in their lifetime.

What Causes Prostate Cancer?

Prostate cancer is different from other types of cancers in the body, as there are small areas of cancer that are within the prostate that can stay dormant for a very long time. In a small number of men, the prostate cancer can grow more quickly and then spread to other areas of the body, especially the bones.

ICR Scientists may have made significant progress in prostate cancer research but very little is actually known about the genes and the molecular mechanisms that can actually cause prostate cancer. The disease still isn't fully understood, and current treatments need to be improved upon for more to be known about it.

"My prostate used to be in so much pain especially when I went to urinate. I used to dread the experience. The prostatitis was caused by an infection, but I really began to worry when I found blood in my urine and the pain in my back was excruciating. I took your advice and followed the prostate health plan. I can now say that I am feeling much better."

- Andrew, Solihull

Follow the Health Plan as recommended for the best results:

PROSTATE HEALTH PLAN

The plan below is designed to improve and support the health of the prostate. When combined with a naturally healthy lifestyle, it's possible for prostate symptoms to improve and over a few short weeks, prostate and general health will get better as a result.

Your 4-8 Week Plan, From my eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **Prostate Plus+** - Designed for prostate recovery, maintenance and health. Take 1-2 tablespoons daily.
- **Serranol** - Take 2 capsules x 3 times per day. Take 30 mins before eating a meal with water. Reduce to 1 x 3 after a good relief. Contains SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Highly Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Testicular Cancer

What Is Testicular Cancer?

Testicular cancer is unusual in that out of all the cancers, it tends to affect younger men overall. There are different types of testicular cancer, including seminomas and non-seminomas which respond well to chemotherapy; Leydig Cell Tumours and Sertoli Cell Tumours are less common types of the cancer.

What Causes Testicular Cancer?

The causes are not known but are thought to include having a family history of testicular cancer and being born with undescended testicles (cryptorchidism).

Testicular Cancer FAQ

Q: I have recently been diagnosed with testicular cancer. Can you provide me with a possible solution that might help?

A: I would recommend following the Testicular Health Plan which involves 1st Line (Thiocyanate) Immune Support Kit, Serranol, Curcuminx4000, and Essential Digestive Plus to get you started. The plan must be followed consistently with a naturally healthy lifestyle for best results.

"I was really devastated for my son when he was diagnosed with testicular cancer. It felt like my whole world fell apart, and I just didn't know what to do. The doctors only seemed to want to give us finite responses and didn't seem to truly want to help us. I decided to look online to see if there was anything that could help, and I came across your site...

Lo and behold, I told him about the testicular health plan you devised, and he decided that it was worth a shot. I have implemented what you taught us, and he is now taking the Serrapeptase, the Curcumin, and the 1st Line (Thiocyanate) Immune Support Kit. It is early days, but I can already see hope on the horizon, and my son says he has more energy when he wakes up in the mornings, which can only be a good thing. I will keep you informed."

- Helen, Somerset

"Robert, I have found Serrapeptase to be an absolute miracle substance. Having suffered horrendous left testicle pain for about 25 years, so called chronic epididymitis, I have taken 2 x 80,000 IU of Serrapeptase twice daily for about the last couple of months. I am virtually pain free since I have started taking Serrapeptase. I have been to numerous doctors and urologists over the years, all to no avail. Some sort of blockage did show up on the left vas deferens during a recent ultrasound scan. Their supposed answer to my problem would be rather drastic though - removal of the left testicle. I declined the operation."

- John

Follow the Health Plan as recommended for the best results:

TESTICULAR CANCER HEALTH PLAN

The plan below is designed to start the healing process for testicular cancer and to aid in its recovery. By following the supplement regime below and implementing a naturally healthy lifestyle, it's possible for the body to begin its recovery process.

Your 4-8 Week Plan, From my eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:

- **1st Line Kit (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal. Take with water and reduce to 1 x 3 after a good relief. Clears any inflammation, may improve health of CELLS. It may also contribute to healthier arteries.
- **Curcuminx4000** - Take 4 capsules x 3 times per day with the Serranol. Curcumin is a potent antioxidant that can relieve inflammation and help in the healing process.
- **Essential Digestive Plus** - Take 3 capsules x 4 times per day, 15 minutes before eating. Aids digestion and improves the absorption of essential vitamins and minerals.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.
- **Graviola** - Take 3 x 3 times per day but lower to 1 capsule x 3 if the person feels too sick with the rapid clearing of the cancer cells. This clears unhealthy cells.
- **MaxiVision** - This is the ultimate multivitamin/mineral designed to support overall health. Take 2 capsules x 2 times per day with food.

Alternative to MaxiVision...

- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Back Pain

What Is Back Pain?

Back pain can be felt down the muscles, nerves, bones, and the joints, as well as down the spine itself. The pain can be onset or chronic and can be intermittent or constant. It can feel like a dull ache, or even a piercing sharp or burning sensation. It can travel all the way along the hands, arms, legs, and feet, making you feel weak or numb.

Back pain is a frequent complaint, and in the US, acute lower back pain (otherwise known as lumbago) is the fifth common reason to visit a physician. It's estimated that nine out of 10 adults will experience some form of back pain at one point in their life, while five out of 10 working adults will have back pain every year. Lower back pain causes around 40% of missed work days in the US; worldwide, it is the leading cause of disability.

The spine is a complex network of joints, nerves, muscles, ligaments, and tendons that are all capable of producing pain. The larger nerves that start in the spine and move into the arms and legs may also radiate pain to the extremities.

What Causes Back Pain?

One of the most common causes of back pain is narrowed discs within the lower lumbar spine. The cause can occasionally be from a prolapsed intervertebral disc, and in those types of cases, the pain can reach into the leg. If Serrapeptase enzymes don't help, then seeking an osteopath, chiropractor, or orthopedic opinion can help. Acupuncture is also successful at relieving chronic lower back pain in the majority of cases.

Back Pain FAQ

Q: I have had a lower back injury that I have been battling for about a year and half... It still hurts quite a bit. Do you think there was some scar tissue that has built up around that area, and if so, what is still causing my further discomfort and inflammation?

I heard about Serrapeptase and thought I should give it a try. I have been taking it pretty religiously for about a week now. But I was wondering how long do you think until I can see some pretty good results from it? I know you don't know me that well or how long my condition has been this way. But in your experience, when do people who have been suffering from chronic pain usually start seeing positive results?

A: It is too soon to expect results yet. Follow my Back Pain Plan consistently for best results and be persistent.

"Having had back problems since I was about 17, (I am now 49) I had reached a point of being in continuous low grade pain with frequent acute attacks of pain. I was unable to sleep for more than 3 to 4 hours per night, then tossing and turning until it was time to (literally) crawl out of bed.

I started taking Serrapeptase, and two months later I was sleeping all night, every night. I have also noticed a huge improvement in my asthma. I now take a maintenance dose of 2 capsules per day and have recommended it to so many people."

- Kelly P.

Follow the Health Plan as recommended for the best results:

BACK PAIN HEALTH PLAN

The back pain health plan is designed to provide relief for this condition when Serrapeptase is combined with the right nutrients and a naturally healthy lifestyle is followed. Results can be seen in just a few short weeks when you commit to the plan.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **SerraEnzyme 250,000IU -** Take 1 OR 2 capsules of Serrapeptase: 4 times per day until all symptoms have ceased and then lower to 1 x 2 per day. This will eat any scar tissue, inflammation and dead tissue.
- **HealthPoint™ -** Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has been proven to be highly effective in treating degeneration. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of joint-related problems.
- **Joint & Skin Matrix -** Treatment with a Collagen Complex will help to regenerate the cartilage if degeneration takes place. Take 2 capsules daily.
- **Ancient Minerals Magnesium Oil ULTRA** - Restores cellular magnesium levels, protects cells, and relieves muscle aches and pains. Apply to neck, shoulders, arms, and chest muscles daily after a shower.
- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

OR

- **The Krill Miracle** - Treatment with Krill Oil or Hemp Oil will help in the healing process by supporting the immune system, decreasing pain in symptoms such as arthritis and providing protection for cell membranes. Take 1 capsule, 2 times daily.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Bursitis

What Is Bursitis?

Bursitis occurs when one or more small sacs of synovial fluid (bursae) become inflamed. The bursae are found at the internal functionaries like muscles and tendons and rest at the points where these slide across the bone. Healthy bursae will create a smooth and frictionless, as well as functional, gliding surface, making normal movement painless.

Bursitis makes movement painful as the inflamed bursa make it difficult to move the tendons and muscles. The result is inflammation, and this perpetuates the problem and stiffens muscles.

What Causes Bursitis?

The most common cause is excessive pressure and repetitive movement. The shoulders, knees, and elbows are most commonly affected; any inflamed bursae can aggravate conditions such as gout and rheumatoid arthritis. More infrequently, scoliosis can be the cause of bursitis of the shoulders, but it is more commonly brought about by overusing the shoulder joint and its related muscles.

Another major cause is traumatic injury. Inflammation can irritate the bursa so that it no longer fits into the original small area between the bone and the functionary muscle or the tendon. When the bone increases the level of pressure on the bursa, the result is bursitis. Sometimes there is no known reason for why bursitis occurs, but it can be associated with certain chronic systemic diseases.

Bursitis FAQ

Q: Hi, I've only been taking these (Natures Aid, high potency 80.000iu) for 3 days now after they were recommended by a friend who told me her osteopath recommended them to her. We are both fitness instructors. My doctor diagnosed me with 'bursitis' a few weeks ago and prescribed anti-inflammatories and rest. My friend had exactly the same symptoms in the same places as me, e.g. painful swollen knees, pains in the feet, Achilles tendons, backs of heels, bottom of heels, across the width of feet, etc., due to over use (many, many exercise classes over many, many years!). I'm not sure what dosage to take. The label says 1-2 each day. Is that enough? Should I increase?

A: My recommendation is something much more powerful: Take Serranol 2 caps x 3 times per day, 30 minutes before eating a meal, with a 500ml glass of water. Also, cut out the carbs (highly inflammatory) and replace with Quinoa.

"Robert, Thanks for the info. Just an update on my condition. Last night was the first pain-free continuous sleep I have had in 4 weeks. I will continue with the Serrapeptase therapy (3X3 per day) for now. Thank you."

- Jerry, Canada

Follow the Health Plan as recommended for the best results:

BURSITIS RELIEF HEALTH PLAN

The plan to help your lungs includes: Resolving the immune problems and clearing the inflammation, scarring, and dead tissue. By adding important nutrients such as Vitamin D3, the recovery should be apparent within 30 days.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief – in order of priority:

- **SerraEnzyme 250,000IU** - SerraEnzyme Serrapeptase 250,000IU is needed to get this very difficult condition under control. Take 2 capsules x 4 times per day, 30 mins before eating a meal. Take with water and reduce to 1 x 3 after a good relief.
- **Ancient Minerals Magnesium Oil ULTRA** - Supports muscle, joint and ligament health. Massage to the muscles next to the bursitis as well as the leg, neck and shoulder muscles daily after a shower.
- **HealthPoint™** - Essential to use a couple of times daily on acupressure points shown for the bursitis area for effective results. Stimulates acupressure points, heals problem and restores muscle function.
- **SAM-e Plus+** - Take 2 vegetarian Delayed Release capsules daily. Supports joint and ligament health.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Cervical Dystonia

What Is Cervical Dystonia?

Cervical Dystonia is a focal dystonia affecting the neck and shoulders. It is also known as spasmodic torticollis. Symptoms can include contracted neck muscles and abnormal movements; it can cause the head and neck to form an awkward posture. It can cause considerable pain and discomfort for the sufferer.

What Causes Cervical Dystonia?

The cause of the condition is not known. Traditional treatments can include oral medication, botulinum toxin injections, surgery, and other complimentary therapies. Serrapeptase is recommended as it can heal the inflammation and ease the pain associated with this condition.

Cervical Dystonia FAQ

Q: I've had muscle knots on one shoulder since I was a teenager. I'm now 27, and I've also had cervical dystonia and muscle spasms with rapid jerks and twitching. I have undergone physical therapy, steroid injections, anti-inflammatory drugs, nutritional supplements, and prescription pain medication. I also do ice packs, heating pads, and topical analgesics, and I've been going to the chiropractor, all with only temporary relief. I heard about Serrapeptase and was wondering if it can be of any help. Any suggestions?

A: Start with 2 x 80,000IU Serrapeptase, 3 times per day, 30 minutes before a meal and then gradually reduce to 1 twice a day as you get better.

"Since taking the Serrapeptase you recommended, I feel like I have a renewed sense of energy. The pain which was excruciating around my neck and shoulders is now much better, and I feel like I can go about my day again. Thank you!!"

- Janine, Surrey

"Robert, I have been taking Serrapeptase for one year now on a regular basis. I broke my Coccyx in July 2007 after getting trampled by a horse. It snapped off completely and is now floating at a 45 degree angle. I was given the usual Diclofenac and Codine by the hospital, which didn't help the pain and made me feel like a walking zombie. I discovered Serrapeptase initially through another company and used it when the pain was unbearable. It worked better than the prescription drugs, but I was constantly in pain and had fluid buildup through the bone moving around.

After many visits to the doctors, I was given an injection in the spine between the broken bones; this was supposed to last a year. The side effects were awful. It was discussed whether or not to remove the bone, but it was decided that it was too risky. I was by this time getting sleepy when exhausted, but if I moved in the night, I was back wide awake in agony. At the beginning of 2010, I was looking on the internet and found your website. I ordered a four pack of the 80,000 IUs and started taking them as instructed. Within three days, I had my first proper night's sleep since the accident. I no longer have fluid buildup and can put my jeans on first thing. Although I will probably always have to keep taking Serrapeptase, I cannot thank you enough for the quality of life I have got back. Keep up the good work."

- Julie

Follow the Health Plan as recommended for the best results:

CERVICAL DYSTONIA HEALTH PLAN

The following plan is designed to provide relief for cervical dystonia and the symptoms associated with this condition. When the supplement regimen below is followed consistently with a naturally healthy lifestyle, it's possible for significant improvements to cervical dystonia to happen and improved overall health will result.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief. SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3 should be taken to relieve inflammation and reduce pain.
- **Ancient Minerals Magnesium Oil ULTRA** - Massage to the neck and shoulder muscles daily after a shower. Supports muscle, joint and ligament health.
- **HealthPoint™** - Use daily on acupressure points shown for the neck for effective results. Stimulates acupressure points and restores muscle function.

Other Recommended Products

- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Joint Pain

What Is Joint Pain?

Joint pain can range from being mildly irritating to completely debilitating. Arthritis is known as inflammation of the joints, while bursitis is caused by swelling and irritation of a bursa. A bursa is a fluid-filled sac that cushions muscles, joints, and tendons.

What Causes Joint Pain?

Joint pain is often caused by joints swelling, as a result of becoming inflamed.

Joint Pain FAQ

Q: Hi, love Serrapeptase - my joints and back problems feel better when I use it, also my Interstitial Cystitis. I have only had one bad flare up with my back in 2 years from over lifting - usually get way more. I take it a half hour before eating in the morning with a full glass of water, also in evening 2 hours after eating. I was told recently that I should take it 1 hour before eating to get the full benefits - is this true?

Thanks for the miracle.

A: 30 minutes before eating is fine. Keep up the good work.

"Hi Robert, Just wanted to let you know that probably because of the Serrapeptase, the food I am eating and the juices that I've had, my recent blood tests came back great. I have no swelling anywhere and all my joints are great. No inflammation. Thank you so much for the information you have given me and for your support."

-Adam P.

"After one year and five different doctors all with different opinions for treating what they think is Polymyalgia, I was running out of steam and needed to do something for myself. With a daily cocktail of painkillers and Presidone... Well, nothing really cut through the muscle pain, headaches, sleeplessness, and fatigue. I read about Serrapeptase and ordered my first pack. Within days of taking, I'm moving around better. Not taking painkillers. Sleeping better. And best of all, my daughter says I seem happier. Fingers crossed that the benefits continue because from where I'm standing, I can now see light at the end of the tunnel."

- Amanda

"Hi, I love Serrapeptase, my joints and back problems feel better when I use it - also, my Interstitial Cystitis. I have only had one bad flare-up with my back in two years from over lifting, usually get way more. I take it a half hour before eating in the morning with a full glass of water, also in the evening two hours after eating. Thanks for the miracle."

- Heather

Follow the Health Plan as recommended for the best results:

JOINT PAIN HEALTH PLAN

Cartilage can regenerate with stimulation, supplying the correct nutrients, and consuming a really healthy diet.

This is the fastest and most successful plan for joints available. HealthPoint™ will last you a lifetime, and I still have users coming back for a HealthPoint™ service 21 years after I first launched it. Supplements will help to speed up the healing, and these are the essentials.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **HealthPoint™** - This will stop the pain and restart the regeneration of the cartilage. Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has been proven to be highly effective in treating degeneration. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of joint-related problems.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Joint & Skin Matrix** - Take 2 capsules x 2 times per day. Contains collagen, the main structural protein of various connective tissues. Supports skin and joint collagen, strengthening blood vessels and giving skin its elasticity and strength.
- **Ancient Minerals Magnesium Oil Ultra** - Massage into the joints, leg muscles and arms daily. Restores cellular magnesium levels and can relieve aches and pains.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Morton's Neuroma

What Is Morton's Neuroma?

Morton's neuroma (also known as Morton's metatarsalgia, Morton's neuralgia, plantar neuroma, and intermetatarsal neuroma) is a swelling on a nerve tunnel under the foot resulting in inflammation, swelling, and pain, which becomes chronic (because we continually walk on it). This is much like carpal tunnel on the wrist (because we continually use it in a certain way).

What Causes Morton's Neuroma?

It is thought to develop through chronic stress and inflammation of a nerve. Inflammation in the joints is also thought to irritate the nerve and lead to Morton's neuroma symptoms.

Morton's Neuroma FAQ

Q: I have successfully used Serrapeptase to ease the pain of a Morton's neuroma. Now I am having knee surgery for a torn miniscus and was wondering what dosage might help with the inflammation following my surgery.

A: Great news on the Morton's. The plan is the same for your knee surgery recovery. Start 24 hours after the operation, taking SerraPlus+ 1 cap x 3 times per day, 30 minutes before eating a meal, with a glass of water.

"I had Morton's neuroma – so bad – in my left foot that I could hardly walk on it. After reading through your website and emailing you, I have been on the Serrapeptese, Curcuminx4000, Vitamin B50 and B4 Health for three weeks. This morning, I've been to my podiatrist and she says it's almost gone. I can't believe it! I can walk almost normal now – just the odd twinges. Thank you from the bottom of my heart!"

- Janet

"Robert, I have a Morton's Neuroma (Rt) foot. It has improved since the day I started taking the enzyme. I have also noticed that other 'hot spots' of arthritic type of pains have disappeared! Thanks."

- Jane

"Hi Robert, your plan for Morton's Neuroma has helped a lot. I have been following it for a month. I plan to keep up until I am sure all pain is gone. Right now, I would say 75% of it is gone. I am passionate about correctly getting my foot in good shape again."

- Mary D'Andrea

Follow the Health Plan as recommended for the best results:

MORTON'S NEUROMA HEALTH PLAN

The Morton's Neuroma Health Plan below is designed to provide relief for this condition. For best results, it's recommended that you implement the health plan along with a naturally healthy lifestyle. When committed to the plan, it's possible for improvements to happen in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **SerraPlus+** - SerraEnzyme Serrapeptase/MSM/Trace Minerals - Take 2 capsule x 3 times a day, 30 minutes before eating a meal. Take this to reduce the inflammation and ease the pain.
- **B4 Health Spray** - A high dose B vitamin complex. Take 4 spray x 2 times daily with a meal. Take for nerve repair.
- **Ancient Minerals Magnesium Oil ULTRA** - Massage into the foot and calf once daily. This improves magnesium and oxygen levels, vital for repair. This is also good for runners as well.
- **Curcuminx4000** - Curcumin is a powerful antioxidant derived from the turmeric spice. Take 2 capsules x 3 times a day with the SerraPlus+ to aid nerve repair.
- **Pain Genie** - Use daily on the appropriate acupunture points to provide pain relief. The ultimate solution for powerful pain relief support. It has been tested on enough people to give a 100% guarantee of success. It can be purchased with a money back guarantee or rented for 1 month.

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Neck Pain

What Is Neck Pain?

Neck pain is thought to affect around two thirds of the population at some point in life. Although it's primarily felt in the neck, it can also be caused by various other spinal problems—this includes muscular tightness in the neck and the upper back region and pinched nerves that come from the cervical vertebrae. Joint disruption can also be felt in the neck, and this creates pain, as does any form of joint disruption in the upper back region.

The head supported by the upper and lower back may also experience pain as the top three joints give the most movement for the head and neck, while the lower joints in the neck and upper back create more of a supportive structure that the head rests on. When the support structure is adversely affected, the muscles in that region become tight, and this results in neck pain.

"I just started taking Serrapeptase Tuesday evening, picking some up on the way home from work. I am amazed at the difference!! I have had neck pain and headaches nearly every day for more than 20 years. I have had relief now for three straight days! Never have I been this long without some type of headache pain! Right now I feel great! Serrapeptase really makes the difference!! The little Chihuahua gets her relief next! She is not on any vitamins, but she is taking medication for her enlarged heart and her constant coughing. My elderly mother; she is 91 and is very hunched over with a great deal of pain in her neck and shoulders. It is probably far more painful than I can even imagine. Serrapeptase may be a Godsend to her. Thank you again!"

- Robert W.

What Causes Neck Pain?

Neck and back pain are major causes of chronic pain; 80% of people within the Western world will experience this pain at some point or another. It is extremely painful and can be debilitating. There are many causes behind this, and they include lack of, or even too much, exercise and operations which leave scar tissue.

Neck Pain FAQ

Q: I'm suffering from Wry neck (torticollis) - can't turn neck. And I get tired of people telling me to take magnesium and calcium, because I already take those. And I have other muscle spasms, such as "charlie horse" and muscles that lock up for no reason. Chiropractic is only temporary.

A: It is Ancient Minerals Magnesium you need and HealthPoint™—see the plan below.

Follow the Health Plan as recommended for the best results:

NECK PAIN HEALTH PLAN

The following health plan is designed to provide relief for neck pain. By following the plan consistently and combining it with a naturally healthy lifestyle, it's possible to find relief for this condition, and in the long-term, good health will result.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **SerraEnzyme 250,000IU** - Take 1 OR 2 capsules of Serrapeptase: 4 times per day until all symptoms have ceased and then lower to 1 x 2 per day. This will eat any scar tissue, inflammation and dead tissue.
- **HealthPoint™** - Use daily on acupressure points to further reduce the inflammation and pain. Treatment with an electro-acupressure device has been proven to be highly effective in treating degeneration. The HealthPoint™ unit simply stimulates the body's own healing system, and it is effective over a vast range of joint-related problems.
- **Joint & Skin Matrix** - Treatment with a Collagen Complex will help to regenerate the cartilage if degeneration takes place. Take 2 capsules daily.
- **Ancient Minerals Magnesium Oil ULTRA** - Restores cellular magnesium levels, protects cells, relieves muscle aches and pains. Apply to neck, shoulders, arms, chest muscles daily after a shower.
- **Hemp Seed Oil** - Treatment with hemp oil will help with the healing process. Take 1 capsule, 2 times daily.

  OR

- **The Krill Miracle** - This also has the same affect and aids in the healing process. Take 1 capsule, 2 times daily.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Osteoarthritis

What Is Osteoarthritis (OA)?

Osteoarthritis is a degenerative form of joint disease and is also referred to as degenerative arthritis. It occurs when a group of mechanical abnormalities develop that include the degradation of joints, articular cartilage, and also subchondral bone. Symptoms can include joint pain, tenderness, stiffness, locking, and even effusion.

What Causes Osteoarthritis?

Osteoarthritis may develop related to age, genetics, gender (more prevalent in women), sports injuries or trauma, weight, and wear and tear on the body. It can have a variety of causes—developmental, hereditary, metabolic, and also mechanical can have an effect and lead to loss of cartilage. When the bone then surfaces, the cartilage doesn't protect it as well, and the bone can become damaged or exposed as a result. Due to the decreased movements which are secondary to pain, the regional muscles can atrophy; as a result, the ligaments then become increasingly lax.

Arthritis of the Knee

There are three types of arthritis that can affect the knee joint in particular:

1. Osteoarthritis. Osteoarthritis (OA) is one of the most common types of knee arthritis. It is slow and progressive as a degenerative disease, causing the joint cartilage to wear away gradually. It mostly affects people middle age and elderly.

2. Rheumatoid Arthritis. Rheumatoid Arthritis is an inflammatory form of arthritis that destroys the joint cartilage and can occur at any age. Generally, it affects both knees.

3. Post-Traumatic Arthritis. Post-traumatic arthritis develops after receiving a knee injury. This is very similar to osteoarthritis but can develop for years after a ligament injury, fracture, or meniscus tear.

Osteoarthritis FAQ

Q: Is Serrapeptase successful for very painful osteoarthritis of both shoulders?

A: Yes, usually. Try SerraPlus+ 2 x 3 times for the first few days and then reduce to 2 x 2. If it has not made a substantial improvement in 30 days, then the fail-safe solution is HealthPoint™.

"I got off Celebrex two years ago after my twin sister died from a perforated bowel from taking Celebrex, and I have been taking Serrapeptase for two years now and need no other medication. I have no sore joints anymore from my Osteoarthritis, only a little stiffness first thing in the morning. I am 62 years old and still do everything I did at 40. I just wish my sister had known about Serrapeptase. This information needs to get out to the people who are treating people with arthritis because the drug companies will obviously be against it."

- Joe V., Canada

"Hi Robert, I'm a MASSIVE fan of Serrapeptase!!! I have vulnerable knee joints (plus mild osteoarthritis) that injure easily. My knee gets so swollen that I have only a very, very small range of movement. I take 3 x 3 capsules of Serrapeptase daily for a 10 day period, but usually within a few days, most of the inflammation has gone. I take a maintenance dose of 3 capsules daily. I have also noticed a lessening of my carpal tunnel syndrome, gum disease, and other general aches and pains."

- Sooze Hodgin

Follow the Health Plan as recommended for the best results:

OSTEOARTHRITIS HEALTH PLAN

This condition has lots of opinions as to what causes it and just as many snake oils that claim they give relief. Most people want more than relief - they want to get their joints healed up to avoid joint replacements at all costs. These are the craziest treatments around since they only last a short time and can leave you worse off.

In lay terms, osteoarthritis is due to wear and tear of the joint. The plan below has been developed over the past 20 years and as they say, "It works!"

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times a day, 30 minutes before eating a meal with water and reduce to 1 x 3 after a good relief. Take this to reduce the inflammation and ease the pain.
- **Sam-e Plus+** - Supports joint and ligament health. Take 2 vegetarian Delayed Release capsules daily to aid in recovery.
- **HealthPoint™** - Stimulates acupressure points and gives the fastest relief in the shortest possible amount of time. Use the acupressure points shown on the manual.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Krill Oil capsules are better than fish oils in studies at supporting joint and ligament health and relieving pain. Take 1 capsule x 2 times daily.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Osteoporosis

What Is Osteoporosis?

Osteoporosis is a disease where calcium is leeched from the bones, making them become fragile and more likely to break. It can be prevented and treated, but if nothing is done, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist. Risk increases when a person has had a large amount of muscle loss caused by a lack of protein-building foods and weight-bearing exercise.

Of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity.

What Is Osteopenia?

Osteopenia is a condition where bone mineral density is lower than normal. It is considered by many doctors to be a precursor to osteoporosis. However, not every person diagnosed with osteopenia will develop osteoporosis. More specifically, osteopenia is defined as a bone mineral density T-score between -1.0 and -2.5.

What Causes Osteoporosis?

There are many studies that now point to a diet consisting of foods that are too acidic and create chronic inflammation. The best marker in the bloodstream for osteoporosis is an amino acid called homocysteine. This is also a marker for chronic inflammation. By changing the diet and taking nutrients to reverse the cause, a fast reversal of osteoporosis can take place.

Osteoporosis FAQ

Q: How can Serrapeptase help with Osteoporosis or Osteopenia?

A: Serrapeptase helps immensely as it reduces the chronic inflammation in the bloodstream. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue.

"Took a bone density test, and my bones were found to be degrading too rapidly. I was at-risk for Osteoporosis. I didn't exercise much nor took care of my diet. With a change in perspective, I tried Serrapeptase and altered my diet and lifestyle. I have been better and stronger since."

- Angel C., Canada

Follow the Health Plan as recommended for the best results:

OSTEOPOROSIS AND OSTEOPENIA HEALTH PLAN

These conditions are caused in the main by a shortage of nutrients and the consumption of unnatural foods, such as cow's milk products, high-sugar foods, and calcium tablets.

Following the natural health plan will show a reversal in a matter of months. Drugs are not recommended and will likely cause harm. The following plans are designed to heal your Osteoporosis and Osteopenia.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) - Take 2 capsules x 3 times a day, 30 minutes before eating a meal with water and reduce to 1 x 3 after a good relief. Take this to reduce the inflammation and ease the pain.
- **Vitamin D3/K2 Spray** - Supports a healthy hormonal balance. Take 3 sprays x 3 times daily.
- **Altrient C -** Mineralizes bones and stimulates bone forming cells to grow. Take 1 pouch x 4 times a day.
- **Ancient Minerals Magnesium Oil ULTRA** - Restores cellular magnesium levels, protects cells, relieves aches and pains. Apply to legs, arms, chest and back muscles daily after a shower.
- **NatraGest Progesterone Cream** - Regulates the hormonal system. Apply daily to the skin.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **The Krill Miracle** - Supports the immune system, cholesterol and other blood lipid levels. Take 1 capsule, 2 times daily.

As A Vegetarian Alternative To Krill Oil...

- **Hemp Seed Oil** - Contains Omega 3, 6 and 9 fatty acids from cold-pressed organic hemp. It can boost the immune system and support a positive mental state. Take 1 teaspoon x 2 times per day.

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Periodontal Disease (Gum Health)

What Is Periodontal Disease?

Periodontal disease is any disease that affects the periodontal tissues; this includes the alveolar bone, periodontal ligament, cementum, and gingiva. The most common are plaque-induced inflammatory conditions that can usually be divided into gingivitis or periodontitis.

What Causes Periodontal Disease?

The term periodontal disease and therefore gum disease are usually referring to periodontitis. While gingivitis never turns into periodontitis in some individuals, there is enough evidence to suggest that gingivitis always precedes periodontitis. Periodontitis is most often preventable and may be related to poor dental hygiene.

Periodontal Disease FAQ

Q: Can the Serrapeptase nutrient supplement benefit/arrest gum pocketing and compromised dental bone mass through periodontal disease?

A: Sorry but no. You need UB8Q10 Ubiquinol, Spiral Brushes, and mouthwash after using them (it worked for me).

"I'd always had good teeth, and although I wear contact lenses, my prescription hadn't been changed for years. Some 7 years ago, I began to have flare ups of inflammation and bad swellings on my gums. I went for a second opinion and a third and was generally told that I now had a gum disease and, according to one dentist, would lose all my top teeth. Alarmingly, I have lost some but very careful work by my hygienist and myself has checked that. However, the flare-ups continued, and my dentist began to talk of taking other teeth out. I decided to talk to Robert to see if there was anything I could do.

They suggested a regime of 3 capsules of Serrapeptase chewed each day; Co Enzyme Q 10 capsules, Curcumin, and probiotics. I launched into this with enthusiasm, but when the date of my next hygienist treatment came round, I went to it with dread. I lay there while she probed, expecting her to tell me the usual tale of woe...'You're fighting a losing battle, I'm afraid.' Silence. Then: 'There is a slight improvement. The pockets in your gums have reduced, not dramatically, but they have reduced and there is no inflammation.'

When I told her about my supplement regime, she agreed that enzyme therapy is an accepted procedure. I am delighted. My teeth also feel much healthier, 'cleaner' as if plaque formation is reducing, and I continue to have no inflammation."

- Jenny Pulling

Follow the Health Plan as recommended for the best results:

PERIODONTAL DISEASE (GUM HEALTH) HEALTH PLAN

The Periodontal Disease plan is designed to provide relief for periodontal disease and to improve gum health when followed with a naturally health lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **Fine Rubber Spiral Brushes** - Use these to clear food between your teeth after brushing. Then use mouthwash or hydrogen peroxide (5%) and swish through the teeth and gums for 2 minutes. See http://www.sunstargum.com for stores selling these spiral brushes.
- **SerraEnzyme 250,000 IU** - Take 1 capsule x 3 times a day, 30 mins before each meal. Clears any pain and inflammation. Open capsule onto a spoon and allow to melt in melt for a few mins. Wash down with a glass of water.
- **Vitamin D3/K2 Spray** - Take 4 sprays x 2 times daily. Swish around mouth for 1 minute before swallowing.
- **Probiotic14** - A probiotic mixed into your foods to populate the mouth with protective friendly bacteria to keep the gums healthy. Take 1 capsule x 2 times a day (must be opened and mixed with food) and then a capsule taken for maintenance at the rate of 1 every 3 days
- **UB8Q10 Ubiquinol** - Contains CoQ10. Studies have shown that CoQ10 will help heal gum disease on its own but it's strongly recommended to take with the probiotic and SerraEnzyme supplements. Take 3 capsules x 3 times a day with food.
- **Organic Virgin Coconut Oil** - This has properties that kill the bacteria causing the gum disease. Use this in your cooking daily, especially if frying at high temperatures as it's much better than other oils. This can also be rubbed into your gums to aid in the healing process.
- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Peripheral Neuropathy

What Is Peripheral Neuropathy?

Peripheral neuropathy is damage to or disease of the nerves within the peripheral nervous system. It can affect the movement, sensations, organ functions, glands, and other areas of health, depending on the type of nerves that are affected.

Symptoms of peripheral neuropathy can begin very subtly and slowly or be acute and sudden. Motor nerves, autonomic nerves, and sensory nerves can be affected all at the same time. Neuropathy can cause muscle twitching, painful cramps, muscle loss, and bone degeneration, along with changes within the hair, skin, and nails. Motor neuropathy can also be the cause of impaired balance and coordination, muscle weakness, and numbness to both touch and vibration, amongst other symptoms.

What Causes Peripheral Neuropathy?

Common causes of these systemic diseases include medication, vitamin deficiency, traumatic injury, excess alcohol consumption, and immune system disease, amongst other factors.

Peripheral Neuropathy FAQ

Q: My wife has peripheral neuropathy (burning, tingling, numbness, etc.) mostly on her feet and sometimes in her mouth (tongue area). What is the BEST way to treat this as the neurologists only want to prescribe Gabapentin (which is not really helping her)? Thanks.

A: Three things are needed to clear this:

1. Serranol - Take 2 x 3 times per day, 30 minutes before eating a meal, with a glass of water.

2. Alpha Lipoic Acid-R - Take 1 capsule x 2 times per day.

3. Benfotiamine - Take 1 capsule x 3 times per day with meals.

Stop all starchy carbs and high-sugar fruits and foods and follow the Really Healthy Foods Plan in this book.

"I am not sure exactly what to call the condition or what caused it, probably some type of neuropathy, but my left foot and ankle were very tingly and becoming numb. I suffered from it for four or five months, I'm not exactly sure. My toes started tingling first, then the top of my foot and then my ankle. Gradually, they started to feel numb!
At first I was taking sublingual B12, which didn't seem to do anything. I had heard about Serrapeptase from the healthiertalk.com forum so I decided to try it. I used the BlockBuster AllClear, 3 capsules, three times a day. After using the BlockBuster All Clear for about two weeks, I noticed less tingling and numbness. After about a month my foot and ankle felt normal again. No numbness or tingling at all. Yippee!

You cannot imagine how grateful I feel for your product. It is truly amazing! I was really terrified that I had some sort of peripheral neuropathy, or blood clot. I had trouble sleeping at night because of an uncomfortable feeling in my foot and worry! I don't trust doctors, but was planning on making an appointment if your product didn't work! To my delight, it did work, and I will continue to take it daily for overall wellbeing, because it does so much more for the body than just cure a numb foot!

My brother is taking it for his MS and inflammation from arthritis. Also, my mom is using it for her peripheral neuropathy, which has improved I might add. I highly recommend it! I no longer have sleepless nights caused from worry and pain. I should have emailed you sooner and thanked you for your product! I don't like thinking about what the outcome might have been if I hadn't tried the Serrapeptase! Thank you so much for your fine products!"

- S.A.S., United States

"

Follow the Health Plan as recommended for the best results:

PERIPHERAL NEUROPATHY HEALTH PLAN

The following plan is designed to provide relief for Peripheral Neuropathy. When followed with a healthy lifestyle plan, symptoms of Peripheral Neuropathy can ease, and in time, good health will be the result in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Benfotiamine** - Take 1 capsule x 3 times a day with food. Normalizes cellular processes fueled by glucose metabolites.
- **Alpha-Lipoic Acid-R** - Take 1 capsule x 2 times per day. This is a 'network' antioxidant that provides support for peripheral nerves.
- **B4 Health Spray** - Take 4 sprays x 3 times per day. Improves the absorption of B12 which can boost energy and enhance the metabolism.
- **Magnesium Oil Ultra with OptiMSM®** - Apply to feet and leg muscles daily. This improves magnesium and oxygen levels, vital for repair.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Trauma

What Is Trauma?

Trauma is used to describe any situations or experiences that may leave a person feeling distressed or in emotional or physical pain. Trauma can be overwhelming and make a person feel powerless. It can therefore be detrimental to a person's mental and overall physical wellbeing.

What Causes Trauma?

Any number of life events such physical trauma, surgery, wounds, or injuries can be traumatic and the effects can be long-lasting. The effects are often psychological or emotional, so it isn't easy to determine. An individual may choose to repress their trauma to get on in daily life. On the inside, however, the trauma remains and can manifest itself in various ways in the affected individual. Ultimately, this will affect the mental or physical wellbeing of the sufferer.

Trauma FAQ

Q: My son just had cochlear implant surgery and is unable to move his head because the surgery site is still too swollen. I am looking for methods to reduce the swelling in order for him to feel like his normal self again. Any advice?

A: Start with 2 x 80,000IU Serrapeptase, 3 times per day, 30 minutes before a meal and then gradually reduce to 1 twice a day as he gets better. Temporarily stop taking Serrapeptase 24 hours before an operation and restart 24 hours afterward to help the healing process. Treatment with HealthPoint™, an electro-acupressure device, has proved to be highly effective in treating postoperative swelling and has been used by physiotherapists with great success.

"First of all, I would like to thank you for your excellent product. I used it last year as part of my recovery plan from surgery for a spinal lymphoma, and my surgeon was flabbergasted (literally) at my quick recovery. I have also recommended it to my 76-year-old father who tells me that it has transformed the pain in his arthritic knees."

- G.

Follow the Health Plan as recommended for the best results:

TRAUMA HEALTH PLAN

The following health plan is designed to provide relief for trauma. When combined with a naturally healthy lifestyle, it's possible for symptoms to improve significantly and for good health to follow.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support pain relief – in order of priority:

- **SerraEnzyme 250,000IU** - SerraEnzyme Serrapeptase 250,000IU is needed to get this very difficult condition under control. Take 1 or 2 capsules x 4 times per day, 30 minutes before eating a meal with water and then the last dose before bedtime. Reduce to 1 x 3 after a good relief.
- **Ancient Minerals Magnesium Oil ULTRA** - This supports muscle, joint and ligament health. Massage into the leg, neck, back and shoulder areas of trauma muscles on a daily basis after a shower.
- **HealthPoint™** - Use daily on acupressure points in areas of trauma for effective results. This stimulates acupressure points and relieves pain.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Administering Tablets to Dogs and Small Animals

Giving Tablets to Dogs

1. Open the muzzle.
2. Place the tablet at the back of the throat.
3. Close the muzzle.
4. Keep it closed and stroke the throat until the dog swallows. That's how the vets do it.

Animal Treatment FAQ

Q: Had an ultrasound this week – Our dog has either a large lung abscess, cyst, or even cancer; he also has kidney inflammation. He's 90 lbs. I want to try Serrapeptase – how much can I give him? I need this to start working immediately.

A: This may seem a lot to do, but it is designed to completely restore your dog (or you) to good health. Follow the Health Plan as recommended.

"I put my 11-year-old lab mix on your 80,000 units of Serrapeptase twice a day back in February for arthritis in his front legs. It took a few weeks, but it has made a big difference; he no longer limps at the end of an active day, and no pain meds are required. Thank you for all the information."

- Toni

"Hi Robert, Just thought I'd share this happy customer's story with you... Just wanted to let you know the success we have had with our dog taking Serrapeptase. Approximately 9 weeks ago he was diagnosed with a sizeable blood clot that was affecting the blood supply to his rear legs, so much so that he went on to 3 legs as his left leg was very painful and eventually did not want to walk. The scan that we had confirmed the position and size of the clot and that he did not have a pulse in either leg. He was given about a week to live.

I started him on Serrapeptase double strength 3 times a day and each day he has slowly got better and better. About 1 month ago he went for his check up, and the vet informed me that his pulse had returned in his right leg and just two weeks later we returned to the vet to be told that he now has a pulse in both legs. He is now almost back to his old self and walking a full perimeter of our park and enjoys chasing his ball again which for us is fantastic news. All of this I am sure is down to the Serrapeptase that we have given him.... even the vet has said he is a walking miracle!"

- Clare

"Dear Robert, please keep selling this product at this affordable price. I have checked other prices excluding delivery, and yours is the best. Hence, I am buying another one. I know SerraPet works as it dissolved my Labrador's oral cancerous tumor. I am now buying it for my GSD rescue dog for her cysts. Many thanks, seller, for being fair."

- Bev

Follow the Health Plan as recommended for the best results:

DOG AND SMALL ANIMAL HEALTH PLAN

This small animal health plan is designed for dogs and other small animals. When the supplements are taken alongside the healthy animal foods plan, it's possible for recovery to happen faster and for dogs and other small animals to find better pain relief for their condition.

Your 4-8 Week Animal Health Plan, From My eBook, by Robert Redfern
Supplements to support healthy pets - in order of priority:

- **SerraPet** - Serrapeptase tablets 80,000IU. Give 2-4 per day to your pet/animal, depending on its size.
- **Curcuminx4000** - Give 2-4 capsules per day to your pet/animal, depending on its size. Open and mix with food.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Give 1 capsule opened and mixed with food (double or triple in serious cases).
- **Spatone** - Iron liquid supplement. 100% natural liquid iron supplement that has been scientifically shown to be a highly absorbable source of iron that is extra gentle on the stomach whilst helping to prevent iron deficiency.
- **B4Health Spray** - B Vitamin Complex spray - Take about 1/2 of the human dose.
- **Protease Enzymes** - Give 3 capsules daily. Break open and mix with a form of protein, e.g. honey or veggies on an empty stomach about 30 minutes before food.
- **Essential Digestive Plus** - Give 3 capsules daily, as protease enzymes can be mixed at the same time.
- **BetaFactor** - Contains Ultra BETA (Beta 1.3d Glucan) to support the immune system. Give 2 capsules daily. Break open and take just before food, mixed with honey or veggies.
- **Hemp Seed Oil** - Give 2 teaspoons daily, mixed with the food below.

Small Animal Food Plan

- **Raw foods** - 1/3 protein, 2/3 veggies – raw fish, raw chicken, raw eggs, raw vegetables (or steamed lightly to soften) – all foods minced or blended.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Acne

What Is Acne?

Acne is a common human skin disease that can be characterized by areas of scaly, red skin; blackheads and whiteheads; pinheads; papules; pimples; and even scarring. Acne affects the skin that has the densest areas of sebaceous follicles including the face, upper part of the chest, and the back.

Severe acne is inflammatory, and acne can manifest in many non-inflammatory ways. Lesions can be caused by changes within the pilosebaceous units, i.e. the skin structures that consist of a hair follicle and the associated sebaceous gland. These are changes that require androgen stimulation.

What Causes Acne?

Acne is most common during adolescence and is thought to affect around 80-90% of teenagers. Acne can be caused by increased androgens like testosterone, which can occur during puberty. Acne can diminish over time for most people, or decrease at the very least, by around the age of 25. However, there is no way to find out how long this may take or if it will disappear completely; acne can continue until a person is in their thirties, forties, or fifties.

Cysts or large nodules associated with acne can appear in areas such as the buttocks, the armpits, and the groin, along with places where sweat can collect within hair follicles and perspiration ducts, amongst other areas.

The effects of acne can be psychological and may result in low self-esteem, depression, and even suicide. Feelings of depression associated with acne at this time may also be stimulated during the adolescent years when young adults can become more socially insecure about their appearance.

Acne FAQ

Q: I have acne (not too severe) and blackheads that I would love to clear away. Is Serrapeptase effective in treating it? What is the recommended dose? Will it get rid of it completely and then I can stop taking it, or is it an ongoing treatment?

A: Acne is caused by eating starchy carbs and other high sugar foods and drinks, which are upsetting your hormones and blood sugar. Take Serranol, as well as stopping these foods and drinks, and your skin will clear over 30 days. Your choice is then to use a food plan so that you can keep clear. Taking Serranol is only needed to fix the problems, and if you do not have them, then you do not need Serranol.

"My acne is starting to improve, and my skin is clearing up – finally, after trying every skin cream under the sun. The Serranol and the NatraGest are making a big difference. Thank you."

- Barbara, USA

Follow the Health Plan as recommended for the best results:

ACNE, ROSACEA, VULGARIS, AND CYSTIC HEALTH PLAN

The following plan is designed to provide relief for Acne, Rosacea, Vulgaris, and Cystic Health. When followed alongside a naturally healthy lifestyle, it can promote clear and healthy looking skin.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **Serranol** - Take 2 x 3 times per day, 30mins before eating a meal, with water and reduce to 1 x 3 after 2 weeks. Use until clear.
- **Ozone Oil** - Take to clear the scarring. Apply daily and use until the skin is clear.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 2 x 2 times per day for a month or so and then drop to 1 per day.
- **NatraGest Progesterone Cream** - Take as per instructions attached, use for a month or so until the skin is clear.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

Other Recommended Items

- **Hydrosol Silver Gel** -Apply generously to skin on a daily basis to promote natural healing.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Anti-Aging

What Is Aging?

Aging is a normal function of the body as we advance in years, but premature aging is not. Our view of aging is different than what could be our reality if we were to apply a naturally healthy lifestyle.

What Causes Aging?

To prevent early aging and illnesses associated with aging, we need to prevent fibrous tissue buildup, thickening of the blood, chronic inflammation, and weakening of the immune system.

These problems can be prevented with a daily dose of the enzyme Serrapeptase, which attacks dead and damaged tissue throughout the body. A poor diet that lacks the needed enzymes and nutrients, coupled with the body's weakened digestive system, will eventually lead to a weakened immune system and decreased function. Adding Serrapeptase to your daily regiment will boost your immune system and fight the damage of inflammation, therefore making it a great anti-aging remedy.

"Dear Robert, thank you for your Serrapeptase. It got me through the New York Marathon in 4hrs 40mins (I'm 60 with painful hips)."

- Dianne

"I have been following your plan for overall good health and taking the Serranol daily as suggested. It is making a big difference to my general wellbeing, and I know that what I feel on the inside will soon reflect on the outside... so thank you."

- Jane, Birmingham

"Hello Robert, I am hoping to reduce the Methotrexate by another 2.5 mg this month. I continue to feel so much better and have energy and more strength to cope with what little pain that I still have. (I have minimal swelling of my joints now... everyone comments on this with surprise.) I have been on this dose since December."

- Clare

Follow the Health Plan as recommended for the best results:

ANTI-AGING HEALTH PLAN

The following plan is designed to provide relief for aging, especially when followed with a naturally healthy lifestyle for long-term results.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **Serranol** - Take 2 x 3 times per day, 30mins before eating a meal, with water and reduce to 1 x 3 after 2 weeks. Use until clear.
- **Curcuminx4000** - Relieves pain and inflammation. Take 2 capsules, 2 times daily.
- **Essential Digestive Plus** - Supports healthy digestion. Take 1 capsule before cooked meals.
- **MaxiFocus Sublingual Spray** - Contains 24 supernutrients and antioxidants. Take 12 sprays under the tongue daily.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Prevents fungus and parasites, maintaining a healthy digestive tract. Take 1 capsule, twice daily.
- **Organic Colloidal Minerals** - Over 70 trace minerals for health. Take 1-3 caps (1-3 fl oz) per day. Just before breakfast and/or your evening meal.
- **Olive Leaf Extract** - Provides support against bacteria, viruses and fungal infections. Take 1 capsule, 3 times daily.
- **Healthy Flow Powder** - Provides support for healthy blood flow and a cardio system. Take 1 teaspoon mixed in water daily.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Eczema

What Is Eczema?

Eczema is chronic skin inflammation, otherwise known as atopic dermatitis or atopic eczema.

What Causes Eczema?

People with atopic eczema can appear to have it for no apparent reason, but the condition is made considerably worse by irritants. The exact cause of eczema is unknown, but it may be related to family history, allergies, or asthma.

Eczema FAQ

Q: I am taking Serrapeptase and finding good results. I have also purchased your book and find it full of important information. I have a three-and-a-half year old granddaughter who has eczema and other viral skin rashes most of the year. I would like to know if Serrapeptase could help her? If so, how much should she have, and how do you get a toddler to take it? It's not easy to find a time when she has an empty stomach, and I know she can't swallow the capsules.

A: For eczema, I recommend cutting down on starchy carbs and replacing them with sprouted wheat bread and quinoa-type foods. Cut down or cut out milk products, replace with goat's milk or better still almond milk. Take Hemp Oil orally daily and massage into eczema. Take Curcuminx4000, open the capsules, and mix with a little food. Take Serrapeptase, open capsules, and then mix with a little water.

"I am taking Serrapeptase for my eczema and finding good results. I have also purchased your book and find it full of important information."

- Michele D.

Follow the Health Plan as recommended for the best results:

ECZEMA HEALTH PLAN

The following health plan is designed to provide relief for eczema. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve eczema and to achieve overall good health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **Hemp Seed Oil** - Take orally on a daily basis and apply to skin at bedtime. Vital for healthy cell growth.
- **Curcuminx4000** - Relieves pain and inflammation. Take 1 capsule, 3 times daily.
- **SerraEnzyme 80,000IU** - Reduces any pain or inflammation. Take 1 tablet, 3 times daily.
- **Derma-Q Gel®** - Provides healthy nutrients to energise the skin. Apply to skin during the day.
- **Prescript-Assist - 29 Super Strain Probiotic -** This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Fungal Toe Nails

What Are Fungal Toe Nails?

A fungal toe nail is an infection that affects the keratin, i.e. the hard material of the nail. The infection can develop slowly and cause the nail to become thick and discolored. The nail can turn a number of colors, including yellow, white, black, or green. The nail can look unsightly but shouldn't cause any further complications. The main problem with fungal toe nails is that they look unattractive and can cause pain.

"I have been massaging the Ancient Minerals Magnesium Oil onto my fungal toe nail on a daily basis, and I'm already amazed by the difference. The pain has eased, and my toe nail is now looking back to its normal colour again."

- Bev, Cheshire

What Causes Fungal Toe Nails?

The cause of fungal toe nail infection is through dermatophyte fungi that can also cause athlete's foot. There are several factors associated with fungal nail infection; these include wearing shoes that can make your feet hot and sweaty, damage to the nerve or the skin, being in a humid environment, and suffering with poor health, i.e. diabetes or psoriasis.

Fungal Toe Nails FAQ

Q: My son has a fungal toe nail infection on his left foot, and I've been wondering if Serrapeptase can help to ease the pain?

A: It could help, but I recommend Ancient Minerals Magnesium Oil Ultra which should be massaged into the feet and leg muscles daily, especially after a shower. Magnesium encourages the growth of healthy skin tissue, while acting as a cellular protectant to restore cellular magnesium levels.

Follow the Health Plan as recommended for the best results:

FUNGAL TOE NAILS HEALTH PLAN

The following health plan can provide relief for the symptoms associated with fungal toe nails, especially when it's combined with a naturally healthy lifestyle for long-term good health and healing.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **Ancient Minerals Magnesium Oil Ultra** - To stop the fungus, massage Ancient Minerals Oil Ultra into the feet and leg muscles daily after a shower.
- **BlockBuster AllClear** - Take 1 capsule x 4 times a day. This improves circulation and clears biofilm.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Leg Ulcers

What Are Leg Ulcers?

Leg Ulcers are chronic sores that appear on the legs and feet, causing itching, pain, and swelling in the affected areas.

What Causes Leg Ulcers?

Leg ulcers can be long-lasting, and symptoms can include discolored or even hardened skin around the ulcer or the sore itself, which can produce a foul discharge. When there is constant high pressure within the leg veins, a venous leg ulcer can develop following a minor injury.

Leg Ulcer FAQ

Q: Hope this finds you well. I have a query regarding use of Serrapeptase. I have only 6 months to go before I qualify as an adult branch nurse, and I have been pondering leg ulcers of late. I know that ingestion of Serrapeptase would help, but I was just reading about chewing a tablet or capsule to ease a sore throat, and I wondered if the contents of a capsule/s could be put directly onto a wound? Have any studies been done regarding healing of long-term wounds using Serrapeptase externally? Any info or thought you may have would be appreciated.

A: Serrapeptase is very good for clearing any inflamed dead tissue, and we have good results with diabetic ulcers. I also recommend spraying with colloidal silver; stopping starchy carbs is recommended too.

Also, exercise on the back, cycling the legs in the air with help from someone holding the legs. This gets fresh oxygenated blood to the area to help the healing process. This all takes 1-2 months at the most to get them clear. You could put Serrapeptase directly onto the wound in the same way that they put maggots onto it. If you can persuade a doctor to run a pilot study compared to conventional treatment, you would be a first.

"Whenever situations present themselves, we point people in the direction of Serrapeptase as we both believe it to be a valuable help. A friend of ours has a friend who had a leg ulcer which would not heal. This person started taking Serrapeptase – it cleared the ulcer!"

- Robert Garrood

Follow the Health Plan as recommended for the best results:

LEG ULCERS HEALTH PLAN

The following health plan can provide relief for leg ulcers and the symptoms associated with it, especially when combined with a long-term healthy lifestyle as recommended for good health and healing

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **BlockBuster AllClear** - Provides support for the arteries and the cardiovascular system. It also supports healthy blood pressure and the circulatory system. Take 2 capsules x 4 times a day with a glass of water, 30 minutes before a meal.
- **HydroSol Silver Spray** - HydroSol Silver boosts the immune system and is known for its antibiotic properties in treating wounds and infections. Spray HydroSol Silver Spray 10x a day onto the affected areas.
- **HemaGel** - HemaGel has been clinically tested and proven to heal chronic wounds such as varicose ulcers and other skin damage. Cleanse the wound and apply a small amount of the gel onto the wound's surface. The gel will adhere to the wound and gradually absorb. The wound can then be covered with a sterile bandage or a plaster.

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Post-Operative Scars and Lesions

What Are Scars?

Scars are fibrous tissue designed to replace areas of normal skin following an injury.

What Causes Scars?

Scars are the result of the wound repair process in the skin and other tissues in the body. Scar tissue is made up of collagen, and this is the tissue that replaces the skin. Scarring is natural in the healing process, and every wound, except for minor lesions, will result in scarring to a degree. Exceptions to this are animals with complete regeneration, as they don't form scars and their tissue grows back just as it did before.

What Are Lesions, and What Causes Them?

A lesion refers to damage or injury to the skin, caused by any form of disease or trauma.

Scars and Lesions FAQ

Q: I have had to have a number of surgeries over the past few months. I have been left with some pretty yucky scars that are raised and hard. There seems to be a large amount of scar tissue both internal and external. I have been told that Serrapeptase and/or Neprinol work really well to eliminate this problem. Do you sell either of these products, and can you please tell me if they do help with this and also what you know about them? Thank you, I look forward to hearing from you soon.

A: I was the first to publicize Serrapeptase 10 years ago, and my website Serrapeptase.info is the most visited site in the world and provides a huge amount of feedback about scars and the many other conditions helped.

Two things will help:

1. Serrapeptase 80,000iu - 2 x 3, 30minutes before eating
2. Penzim Gel - Applied 2 times per day

"I was recently recommended Serrapeptase by my mother who has scar tissue damage. After taking the Serrapeptase enzyme, she got a lot better and dramatically reduced her pain killer intake. It works amazingly well for a variety of health problems."

- Fleure

"Hello, a quick note to let you know that I am experiencing a wonderful side effect to the Serrapeptase I've been taking for about a year now to deal with joint pain. As a baby born in South America, I lived through a severe case of sporotrichosis, which left a lot of scars on my body. Over the years, these scars have become less vivid; however, I have been noticing a great change in them as a result. I am certain, from taking Serrapeptase regularly - some of the bigger ones seem entirely gone. I wish I had thought to take a 'before' photo! I hope this might help others with similar conditions."

- Cat Geuer

Follow the Health Plan as recommended for the best results:

POST-OPERATIVE SCARS AND LESIONS HEALTH PLAN

The following plan is designed to help heal your post-operative scars and lesions. As post-operative scars and lesions can be both internal and external, they can be a source of much discomfort. Medical intervention is not very successful as it may leave the situation even worse.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **SerraPlus+ 80,000IU** - Take Serrapeptase 80,000IU with MSM and trace minerals. Take 2 x 3 times per day, 30 minutes before a meal and then gradually reduce to take one, twice a day as you get relief.
- **Rio Rosa Mosqueta Oil** - For external scars, Rosa Mosqueta can be rubbed into scars daily to help the healing process.
- **Hemp Oil or The Krill Miracle** - Treatment with Hemp Oil or Fish Oil Complex will help in the healing process. For the hemp oil take 1-2 tablespoons daily. For The Krill Miracle take 2 capsules daily.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Post-Operative Pain and Swelling

What Is Post-Operative Pain and Swelling?

Post-operative pain and swelling, along with bruising, is a normal part of the recovery process after any operation or surgery.

What Causes Post-Operative Pain and Swelling?

Following surgery and medical intervention, recovery can be impeded by inflammation and swelling (see scarring and lesions). If this inflammation and swelling is not attended to, the recovery can be brought to a standstill.

Post-Operative Pain and Swelling FAQ

Q: I am in pain and have experienced a lot of swelling in my knees since the operation. I'm trying to keep healthy after my procedure and wondering what can be done to help? Many thanks.

A: I'm going to suggest you follow my Post-Operative Pain and Swelling Plan. Keep to a healthy diet too to speed up the recovery and healing process. The SerraEnzyme will help to ease the pain and inflammation, while the HealthPoint™ can help to pinpoint the pain and treat the post-operative swelling.

"I was feeling really fed up after my operation to remove a ganglion cyst from my foot. I knew that there would be some swelling, but I had no idea by how much! I was in a lot of pain and just wanted to feel normal again. I took the Serrapeptase like you suggested, and within a day or two the pain had reduced, and a few days after that the swelling was considerably less. Within a week it was virtually non-existent. It really is as you describe – a miracle."

- Jade, Sutton Benger

Follow the Health Plan as recommended for the best results:

POST-OPERATIVE PAIN AND SWELLING HEALTH PLAN

The following plan can aid in helping to heal any post-operative pain or swelling, especially when followed with a naturally healthy lifestyle for long-term good health and healing.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **SerraEnzyme 250,000IU** - Take Serrapeptase. Take 1 x 4 times per day, 30 minutes before a meal and then gradually reduce to take one, twice a day as you get relief.
- **HealthPoint™** - Use daily onto the appropriate electro-acupressure points. An electro-acupressure device, use to treat the appropriate points as it's highly effective in treating post-operative swelling.

Along with the above, it's recommended that you:

- Elevate your lower legs to alleviate any swelling.
- Rest the area and exercise sensibly.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Psoriasis

What Is Psoriasis?

Psoriasis is a skin disorder that results in dryness and scaly skin.

What Causes Psoriasis?

It's thought to be caused by the immune system being triggered unnecessarily, causing skin cells to be produced too quickly. Skin cells usually take around 21-28 days to replace themselves, but in patients who have psoriasis, this takes about 2-6 days. Psoriasis is thought to affect around 3% of people globally and is most commonly developed between ages 11-45.

Psoriasis is not a contagious disorder, but severe psoriasis sufferers can sometimes experience social discrimination and even exclusion.

Psoriasis FAQ

Q: Having been an enthusiastic evangelist for Serrapeptase and cured several conditions with it, I take a tablet every day for my osteoarthritis and wish to continue. However, I have now developed psoriasis, probably due to stress. Is there any information about psoriasis and Serrapeptase?

A: Psoriasis is digestive problem, and Serrapeptase usually clears it within a few weeks.

- Take 2 capsules of CurcuminX4000, 3 times per day, 30 minutes before eating a meal (at the same time as any Serrapeptase).
- Take 2 capsules of Prescript-Assist, 3 times per day, just before food.

"Hi Robert, I have been taking Ancient Minerals Magnesium Oil and Curcuminx4000 for about 3 weeks now, and I'm seeing a difference in my psoriasis which is great. Thank you again for your time."

- Louise G

Follow the Health Plan as recommended for the best results:

PSORIASIS HEALTH PLAN

The following health plan is designed to provide relief for psoriasis. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve psoriasis and to achieve overall good health in the long-term.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vit D3. Take 2 caps x 3 times per day, 30 mins before eating a meal, with water, and reduce to 1 x 3 after a good relief.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Ancient Minerals Magnesium OIL ULTRA** - Increases absorption of magnesium and reduces pain. Massage into psoriasis, tummy and chest muscles daily.
- **D.I.P. Daily Immune Protection** - Take 2 capsules, twice daily. Protects against infection and balances the immune system.
- **Prescript-Assist - 29 Strain Super Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Ringworm

What Is Ringworm?

Ringworm is a skin infection that is the result of a fungus. The symptoms involved with ringworm include a small area of infected skin that then spreads outwards. It usually develops into a circular red patch that looks inflamed and scaly towards the center.

What Causes Ringworm?

Ringworm is usually caught from person to person, i.e. touching an infected person or sharing a towel, amongst other things. Ringworm can also be caught from animals, through fungal infections in their skin. Fungi are a common cause, and infection can occur for no significant reason, simply from having contact with the fungi in the soil, along with any other contaminated objects you may have come into contact with.

Ringworm FAQ

Q: I have ringworm, and I'm wondering what can be done to help with the healing process?

A: Follow my Ringworm Plan. Ancient Minerals Magnesium Oil Ultra, Coconut Oil, and Prescript-Assist are the ones I recommend, along with following the healthy lifestyle plan to get the required results and help the healing process.

"[My cat] looked a little greasy in the first photo as I had put a topical cream on to help the ringworm. Her tail was totally hairless, and legs nearly so. She is off of the cortisone, as well as the antibiotic, both of which she took daily. Thankful to have heard about Serrapeptase for my sake as well as my cats. I'm spreading the word to others."

- Cheryl H.

Follow the Health Plan as recommended for the best results:

RINGWORM HEALTH PLAN

Ringworm is a fungal problem in the same way we get athlete's foot, which is another fungal problem. Fungus can only live on bodies full of sugars.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **SerraEnzyme 250,000IU** - Take 1 capsules x 4 times a day, 30 minutes before eating, with water. Drop to 1 x 2 after one month (plan on 4 months).
- **Ancient Minerals Magnesium Oil Ultra** - Massage onto all of the muscles and areas of ringworm 2x per day.
- **Coconut Oil** - Take 4 teaspoons of coconut oil per day. Try massaging a little coconut oil and magnesium in the areas of outbreaks to see if it speeds up the recovery.
- **Prescript-Assist - 29 Strain Super Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule, 2 times per day and drop to 3 per week when clear.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Shingles

What Is Shingles?

Shingles is a virus, and while it is the most difficult to deal with, diet and stress can help to keep it under control and keep shingles out of your system.

What Causes Shingles?

A shortage of zinc is a known factor in viral problems, and the recommendation is to supplement until clear. Zinc helps white cells release antibodies and increases the number of killer cells fighting against cancer, as well as the number of infection-fighting T-cells. Zinc is also known for its antioxidant properties and its ability to protect cells in the body from damage by free radicals, which contribute to the development of a number of health problems.

Shingles FAQ

Q: I have got shingles on my face, and I'm so worried it might leave me scarred. Please can you suggest anything to perhaps prevent it and to help make it better? I have been given some tablets called Aciclovir, but they make me feel sick and sleepy, but I know I must take them to prevent any sores going on my eyes. I hope you can help.

A: This is a virus, and they are the most difficult to deal with. Diet and stress are the things that you must keep under control all of your life to keep them out of your system. The true secret to a strong immune system is to steer clear of carbs, high-sugar foods/drinks, and processed foods and to start consuming really healthy foods. Adequately feeding your immune system boosts its self-defense ability. You can go out and purchase a high dose supplement such as OptiZinc (for better absorption). The better way is to eat six oysters (fresh or canned) as this delivers a super dose in the healthiest form.

Your body doesn't need a large amount of zinc as a supplement if you are consuming a really healthy diet. The recommended daily minimum from food for adults is 10mg, which you can get in the D.I.P. supplement. Six oysters per day for two days will give you a boost. The long-term health plan is below, but order some Releev to have on hand. You can get Zovirex at the pharmacy, and try that topically as well.

"I have been in severe pain for 15 months with swollen muscles in my back following an attack of shingles. My doctor just called it post herpetic pain and said there was nothing he could do. A week last Sunday, I bought some Serrapeptase capsules from the local health store and took 2 per day. When I woke up on the Wednesday, the pain had gone. I was absolutely gob smacked!

I am still pain free, and it is great to be able to turn over in bed. I am telling everyone I meet about Serrapeptase and have told the shop to make sure he has plenty in. I have never written to any company to say thank you before, but I am so pleased I just had to tell you."

- Sheila Wright

Follow the Health Plan as recommended for the best results:

SHINGLES HEALTH PLAN

The following health plan is designed to provide relief for shingles. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve shingles and to achieve overall good health in the long-term

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:

- **Releev** - Always have this on hand and use daily to find relief for cold sores and shingles.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **D.I.P. Daily Immune Protection** - Take 1 capsule x 4 times a day and then drop to 1 x 2 times with meals.
- **1st Line (Thiocyanate) Immune Support Kit** - This clears any infection remaining in the cells. Take 1 kit daily for 3 days (total of 3). 1st Line should always be taken at least 90 minutes before and after food, approximately. 3 kits are the minimum, and in serious conditions, 10 kits over 10 days are better if finances allow.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Blocked Fallopian Tubes

What Is a Blocked Fallopian Tube?

Blocked fallopian tubes are a big cause of female infertility. The blocked fallopian tubes are incapable of letting both the ovum and the sperm converge, so fertilization is impossible.

What Causes Blocked Fallopian Tubes?

Scar tissue within the fallopian tubes is a major cause of blockage, and this can be triggered by infections, endometriosis, or inflammatory bowel disease, amongst others.

Blocked Fallopian Tubes FAQ

Q: I have abdominal adhesions and blocked fallopian tubes as a result of previous surgeries including C-sections. I have heard about Serrapeptase and would really appreciate what you have to say concerning my condition. Any help will be greatly appreciated.

A: Please check out my full Blocked Fallopian Tubes Health Plan. You can, of course, do the first couple of supplements to try that first, but the full plan and diet are intended to get you super healthy.

"Dear Robert, I have been unable to conceive due to blocked fallopian tubes and was going crazy thinking I would have to undergo an expensive (and often not successful) surgery to unblock the tubes. I came across your webpage and read the testimonials and proceeded to buy the Serrapeptase 80,000 I.U with MSM.

I took two tablets twice daily for one month, then discontinued as I travelled home to Africa. Then last week, I found out that I am 5 weeks pregnant! Both my husband and I are so overwhelmed by the news, and I truly believe the Serrapeptase worked perfectly and fast too!! I still have 2 bottles of the original 4 that I purchased; I will use them after the baby is born in September. THANK YOU SO SO MUCH!! To us this is a MIRACLE!"

- Elizabeth M., Denmark

Follow the Health Plan as recommended for the best results:

BLOCKED FALLOPIAN TUBES HEALTH PLAN

This Health Plan includes all of the steps required to improve blocked fallopian tubes.

There are three things, which when combined with the right supplements, will show results. These are diet, nutrients, and exercise. The exercise can be simply walking 5 miles or more each day at a fast pace and sitting down for as little as possible over the day. It can involve standing, walking, or lying down. Sitting is bad for the circulation.

There is no downside with following this; if both partners follow the plan correctly, you will end up stronger and healthier. If it produces a healthy baby, then you both need to be healthy and strong to cope with running around after a fast growing child.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **SerraPlus+ 80,000IU** - Take 2 capsules x 3 times a day, 30 minutes before eating, with water. Drop to 1 x 3 after one month (plan on 4 months).
- **Curcuminx4000** - Take 1 capsule x 3 times per day, with the SerraPlus+ 80,000IU. Curcumin is a powerful antioxidant that supports the healing process.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Astaxanthin** - Enhances the immune system and supports fertility. Take 2 x 2 times per day.
- **MacaPro** - Balances the endocrine and the hormonal system. Take 1-2 teaspoons daily.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Vitamin D3** - Contributes to hormonal balance. Take 5000IU, 1-2 times per day.

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See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Breast Engorgement Nodular Mastitis

What Is Breast Engorgement (Nodular Mastitis)?

Breast engorgement, or nodular mastitis, is caused by expansion and pressure in the mammary glands while producing and storing breast milk. Symptoms include breast swelling and throbbing, which can cause mild to extreme pain. It can eventually lead to mastitis or inflammation of the breast, and any untreated engorgement can put pressure on the milk ducts, causing a plugged milk duct. A lump in a part of the breast may be felt, and the skin may appear red and/or warm. If it carries on unchecked, it can cause a breast infection, with a fever or flu-like symptoms.

What Causes Breast Engorgement (Nodular Mastitis)?

The four main causes of breast engorgement are:

1. Imbalance between the milk supply and the demand for the infant.

2. If the baby suddenly stops breastfeeding because it has started eating solid foods or is ill/has a poor appetite.

3. A sudden increase of milk production in the breast.

4. If the mother does not pump the breast or nurse as much as usual.

Breast Engorgement FAQ

Q: I am a new mom. My daughter is 5 days old, and I am breastfeeding her. This is my second child, and I never had any pain breastfeeding my first baby. Now my breasts are very hard and hot. I know that I have engorged breast, but what can I do to fix it? My baby does not eat very much, and I keep offering him to breastfeed, but he only eats for a few minutes. I got a nipple shield to help him latch, and it does help, but I'd like to feel better and get rid of the pain. I tried to pump, but I only get a 1/2 ounce to 1 ounce max. I take warm showers, and nothing is helping. I cannot sleep because it is very painful when I try to lie down. Any help would be greatly appreciated.

A: To get rid of the pain, try taking 2 capsules of SerraEnzyme 80,000IU, 3 times per day, 30 minutes before eating a meal. It has also been proven to be very helpful for nursing moms to use HealthPoint™ to treat breast engorgement. See our Health Plan.

"The HealthPoint™ is a wonderful device that helped me reduce the pain of breast engorgement while nursing my newborn. My husband has also been using it for his back and knee. What a relief this product has brought to us!'

- Jessie M., United States

Follow the Health Plan as recommended for the best results:

BREAST ENGORGEMENT (NODULAR MASTITIS) HEALTH PLAN

The following health plan is designed to provide relief for breast engorgement (nodular mastitis). It is especially effective when combined with a naturally healthy lifestyle for long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **SerraEnzyme 80,000IU** - Take 2 capsules x 3 times per day. Take 30 mins before eating a meal with water. Reduce to 1 x 3 after a good relief. Contains SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3.
- **HealthPoint™** - Treatment with an electro-acupressure device has proved to be highly effective in treating breast engorgement and has been used by nursing mothers with great success.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Capsular Contraction After Breast Augmentation

What Is Capsular Contraction?

Capsular contraction of breast implants is the hardening of the scar capsule that surrounds the implant.

What Causes Capsular Contraction?

Capsular contraction occurs when there are complications of breast implant surgery, and after the procedure, the body creates a fibrous scar tissue capsule around the implant. This reaction occurs when a foreign object becomes surgically implanted within the body during the healing process. The scar tissue gradually begins to shrink, and this is referred to as capsular contraction.

The degree of shrinkage will be different from one individual to another; in some women, the capsule can become tight, and the implant is squeezed, causing the breast to feel hard and resulting in pain and discomfort. As the capsule becomes tighter, the breast starts to feel firmer, and the pain is greater as a result. Capsular contracture is an unavoidable complication of breast implant surgery, and every woman who has had breast augmentation will experience it to some degree.

Capsular Contraction FAQ

Q: I had a breast augmentation 14 years ago. The "hardening" in one of my breasts has deformed that breast in time, and I was told years ago that it was called "capsular contracture." Regardless of what it is called, the hardening of that breast is now more obvious. The other breast is fine though. I am 51 years old and in very good shape. I am not afraid of surgery, although I was told there is always a chance of infection, which is what scares me. I am trying to make the decision of whether or not to have the surgery, but I'm trying to find other alternatives. Can Serrapeptase help? Thanks!

A: Yes, Serrapeptase can definitely help with the hardened fibrous scar tissue and clear the inflammation. Take 2 SerraPlus+ 3 times a day, 30 minutes before a meal with water. For the complete health plan, see below. Follow the plan for a few weeks and come back to me with the results.

"Serrapeptase has really helped me ease the pain of capsular contracture from my breast implants. Before taking it, my breast was too firm and painful, and I was thinking about another surgery. Good thing I tried this first. It has improved how my breast feels, and Serrapeptase has been very helpful. Thank you so much!'

- Angela R., United Kingdom

Follow the Health Plan as recommended for the best results:

CAPSULAR CONTRACTION AFTER BREAST AUGMENTATION HEALTH PLAN

The following health plan is designed to improve capsular contracture after breast augmentation, especially when it's followed with a naturally healthy lifestyle plan.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **SerraPlus+** - Take 2 capsules, 3 times a day, 30 minutes before each meal. SerraPlus+ contains Serrapeptase, which will clear inflammation.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals. Active Life contains Selenium, which can activate the Nascent Iodine.

  OR

- **D.I.P. Daily Immune Protection** - This also contains Selenium. D.I.P. supports a healthy and balanced immune system. D.I.P. also protects against infection and can help to support strong, healthy cells. Take 2 capsules daily with the SerraPlus+.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Crystallized Breast Milk Ducts

What Are Crystallized Breast Milk Ducts?

Crystallized breast milk ducts are essentially blocked or inflamed ducts that cause a backup of milk in the breasts, making it difficult to breastfeed. Symptoms can be painful and could make the breastfeeding process more difficult.

What Causes Crystallized Breast Milk Ducts?

Crystallized breast milk ducts are caused by a backup of milk in the breasts. This can happen when the baby doesn't drain the breasts fully during feeding, so the milk remains in the breast. Taking the right nutrients in my health plan and following a healthy diet can help to clear the inflammation and get the milk flowing again freely.

Crystallized Breast Milk Ducts FAQ

Q: I have had some problems breastfeeding my child. I went to my doctor, and he advised that it was crystallized breast milk ducts that were blocking my flow of milk. Do you have any suggestions as to what may help?

A: Yes, follow my Health Plan as suggested here. The plan includes Vitamin D3-K2 Spray and Ancient Minerals Magnesium Oil Ultra. Take 4 sprays of Vitamin D3-K2 Spray in the mouth daily and massage the Ancient Minerals Magnesium Oil Ultra into the tummy and chest muscles daily. Follow the health plan and take the right nutrients for best results.

"I was struggling to breastfeed and had no idea why. Then my doctor told me it could be crystallized breast milk ducts, and I was horrified. I had no idea what to do... so I took the matter into my own hands and did some research. I wanted to go for an all-natural approach...

So when I came across your site, I knew you had the solution. I asked about if Serrapeptase could help, and you advised it could do no harm, only serve to clear any inflammation that may be causing blockages in the breast ducts, preventing the milk from flowing freely. Since taking your advice to follow the plan, which includes Vitamin D3-K2 Spray and Ancient Minerals Magnesium Oil Ultra, I have been feeling much better. Thank you!"

- Jill, UK

Follow the Health Plan as recommended for the best results:

CRYSTALLIZED BREAST MILK DUCTS HEALTH PLAN

The following plan is designed to provide relief for Crystallized Breast Milk Ducts and can make a difference when combined with a naturally healthy lifestyle for long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **Vitamin D3-K2 Spray** - Supports healthy hormonal balance. Take 4 sprays x 3 times per day.
- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief.
- **Ancient Minerals Magnesium OIL ULTRA** - Increases absorption of magnesium and reduces pain. Massage into tummy and chest muscles daily.

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Endometriosis

What Is Endometriosis?

Endometriosis is a condition where the cells in the lining of the uterus flourish on the outside of the uterine cavity. The uterine cavity is coated in endometrial cells, and these are at the influence of female hormones. In the areas outside of the uterus, the endometrial cells are influenced by any hormonal changes and can respond in a similar way to the cells that are found within the uterus.

"Hi there, a couple of years ago I took your product Serrapeptase for endometriosis, and with the help of this and other things, I no longer have it. Thanks."

- Julie K.

What Is Endometriosis?

Endometriosis does not have a known cause but may be related to retrograde menstruation, embryonic cell growth, endometrial cell transport, surgical scar implantation, or immune system dysfunction.

Some of the symptoms of endometriosis are pain and also infertility; this can be made worse during the menstrual cycle, the most common cause of secondary dysmenorrhea. Endometriosis is estimated to occur in around 6-10% of women and most commonly in women who are experiencing infertility.

"Thank you - just to say I've had great success using the SerraEnzyme for clients with endometriosis. Great products."

- Sally

Endometriosis FAQ

Q: I have been taking Serrapeptase for several years, and it is one product I won't go without. My question is: Is it safe to take both Astaxanthin and Serrapeptase? Don't both thin blood? By the way, I started taking systemic enzymes after having a blood transfusion due to extremely heavy periods.

A: Yes, it is fine, and for your information, neither of them thins the blood.

Follow the Health Plan as recommended for the best results:

ENDOMETRIOSIS HEALTH PLAN

The endometriosis health plan is designed to provide relief from symptoms within a few short weeks, when the plan and the healthy lifestyle are followed correctly. For best results, commit to the plan and a healthy lifestyle in the long-term as good health will result.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **BlockBuster AllClear** - Take 3 capsules x 3 times a day, 30 minutes before eating, with water. This Serrapeptase/Nattokinase formula is designed to clear inflammation and to support the healing process.
- **Curcuminx4000** - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 teaspoon to skin daily. This regulates and supports hormonal balance.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

It is critical to follow a really healthy foods plan as part of your recovery.
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Fibrocystic Breast Disease

What Is Fibrocystic Breast Disease?

Fibrocystic breast disease refers to breast lumps that are noncancerous and may sometimes be the cause of discomfort, particularly in relation to hormonal influences from the menstrual cycle. It's thought to affect around 30-60% of women and roughly 50% of women around child birthing age.

What Causes Fibrocystic Breast Disease?

The menstrual cycle can factor into fibrocystic disease, and hormones such as progesterone and estrogen can have a big effect on breast tissue, resulting in cells growing and multiplying. Prolactin, insulin, and thyroid hormones can also have an impact on the breast, causing it to produce hormonal products from fat and glandular cells. These can play a role in fibrocystic breast disease symptoms.

Fibrocystic Breast Disease FAQ

Q: I just read your website regarding Serrapeptase; I used the product for less than 2 weeks because I got pregnant. I have fibrocystic disease, and the Serrapeptase reduces the pain when I take it. I want to take it again this time. Will my cyst disappear eventually when I take it for more than a month? I read most of the testimonials, and I'm interested, please help.

A: Yes, it is safe to take it all the way through and even when breastfeeding to stop engorgement.

"Early this year, I did a self-breast exam for the first time and detected two tiny lumps in my left and right breasts and had it checked up. Although found to be benign, it didn't make me feel good, and I kind of felt heavy and sore. I ordered SerraEnzyme from www.goodhealthusa.com and took 3 capsules, 3 times a day. I also avoided as much junk food as I could and ate a lot of veggies. After just four weeks, I noticed that they seemed to be shrinking. Two and a half months later, I could no longer feel a single lump. Thanks to the miracle enzyme!'

- Andrea S., United States

Follow the Health Plan as recommended for the best results:

FIBROCYSTIC BREAST DISEASE HEALTH PLAN

The following plan is designed to provide relief for fibrocystic breast disease and to ease the symptoms associated with it. For best results, follow a naturally healthy lifestyle and long-term good health can then be achieved.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **SerraEnzyme 80,000IU** - Take 2 capsules x 3 times per day. Take 30 mins before eating a meal with water. Reduce to 1 x 3 after a good relief. Contains SerraEnzyme, Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **NatraGest** - Natural progesterone cream. Apply 1/4 to 1/2 a teaspoon to skin per day. This regulates the hormonal system.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Prescript-Assist - 29 Super Strain Probiotic** - Take 3 capsules per day. Break them open and mix with a small amount of vegetables or with yoghurt. Contains 29 probiotic microflora. This is the next-generation, clinically-proven vegan probiotic supplement. Supports the immune system.
- **Hemp Seed Oil** - Take 2 servings of 30ml daily. Promotes cell growth and organ function.

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Healthy Pregnancy

What Is Healthy Pregnancy?

Staying healthy during your pregnancy will depend solely on you—the one carrying the baby. You will get advice from everybody, and it's very important to keep yourself informed about how to keep both the baby and yourself healthy.

What Supports Healthy Pregnancy?

The first thing to do is make sure you get regular prenatal care. As soon as you find out you are pregnant, you should schedule your first check-up. Without complications, you will need to see the health care provider every four weeks until the 28th week of pregnancy, down to every two weeks until the 36th week, and then once a week until you give birth.

Remember that pregnancy is not the time to go on a diet or cut down on calories; during this time, you would need about 300 additional calories per day, as you are now eating for two. It is important to eat healthy; drink plenty of fluids; have some low-impact, moderate-intensity exercise; and get enough sleep.

"My pregnancy with my first baby was horrible. I couldn't get up, eat or drink anything without vomiting. I was always dizzy and weak. Because of this, I dreaded any future pregnancies, thinking it might all be the same. When we were ready for the second baby, I wanted it to be a different experience for both me and my husband. I wanted to be stronger and to feel better while I carried my baby in my womb, so I decided to try Serrapeptase as I was told that its tried and tested to be safe for pregnant women and that it helps clear out any inflammation in the body. Truly, I've never felt better. It gave me an easier, healthier pregnancy. My baby was born last March, and she's very healthy. I will continue taking this while nursing and breastfeeding."

- Rina D., Canada

Healthy Pregnancy FAQ

Q: Is it safe to take Serrapeptase while you are pregnant?

A: Yes, it is safe, and Serrapeptase can even be used while breastfeeding and to clear a breast engorgement within an hour. For the best quality and value, use SerraEzyme 80,000IU capsules, 2 x 2 times per day

Follow the Health Plan as recommended for the best results:

HEALTHY PREGNANCY HEALTH PLAN

The following health plan is designed to support a healthy pregnancy. When the plan is followed consistently along with a naturally healthy lifestyle, it's possible to see noticeable results within a few short weeks. The key is to be consistent and to follow the plan and lifestyle accordingly.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **AstaXanthin** - Enhances the immune system and supports fertility. Take 2 x 2 times per day.
- **MacaPro** - Balances the endocrine and the hormonal system. Take 1-2 teaspoons daily.
- **Active Life** -This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Vitamin D3** - Contributes to hormonal balance. Take 5000IU, 1-2 times per day.

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Female Fertility

What Is Female Fertility Health, and What Causes Infertility?

Infertility, low sperm count, and blocked fallopian tubes are a modern day epidemic. It is 99% certain that diet and lack of critical nutrients are to blame for the devastating drop in fertility in women and sperm count in men.

Blocked fallopian tubes and scarring are also on the rise. Studies are clear that junk food diets and a lack of critical vitamins and minerals contribute to 50% of all birth defects. Treat yourselves as you would if you were a breeder of rare pedigree animals. You would feed your animals the most perfect food available.

"My husband and I have been married for about 7 years, and I couldn't bear a child. I have sought all the help I could get from medical professionals, and I always thought I was just barren. Finally, I tried Serrapeptase and followed Robert's health plan almost religiously. I also changed my eating habits and adopted a healthier lifestyle. I am now six weeks pregnant! Thank you for your support and all the work that you do!"

- Jessica T., Australia

Female Fertility FAQ

Q: Do you have any information on infertility because of scar tissue in the fallopian tubes or any testimonials?

A: I have had very good feedback for the last ten years, and some women became pregnant in as little as two months. Take SerraPlus+ 1 capsule x 3 times per day, 30 minutes before a meal, with a glass of water.

Follow the Health Plan as recommended for the best results:

FEMALE FERTILITY HEALTH PLAN

The fertility health plan below is designed to improve your fertility and make it easier to conceive. By following the Women's Fertility Health Plan and a naturally healthy lifestyle, it's possible to see improvements in fertility in a matter of weeks. The key is to be consistent and to stick with the plan. For male fertility help, please see the Male Fertility, Stronger Sperm and Ejaculation Health Plan on page 197.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **SerraPlus+ 80,000IU** - Take 2 capsules x 3 times a day, 30 minutes before eating, with water. Drop to 1 x 3 after one month (plan on 4 months).
- **Curcuminx4000** - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray. Iodine is essential for healthy pregnancies and is recommended by WHO for all women of childbearing age.
- **Astaxanthin** - Enhances the immune system and supports fertility. Take 2 x 2 times per day.
- **MacaPro** - Balances the endocrine and the hormonal system. Take 1-2 teaspoons daily.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.
- **Vitamin D3** - Contributes to hormonal balance. Take 5000IU, 1-2 times per day.

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Menopausal Symptoms

What Are Menopausal Symptoms, and What Causes Menopause?

Menopause refers to the time of cessation of a woman's reproductive ability. It is a natural biological process, which ends a woman's menstruation and fertility permanently. It occurs about 12 months after her last menstrual period.

Periods can stop for some time and then start again, so a woman is considered to have been through menopause only after going for one year without periods. Menopause can happen in a woman's 40s or 50s (the average age is 51 in the United States).

Some symptoms of menopause include:

- Irregular periods
- Hot flashes
- Mood changes
- Osteoporosis
- Changing feelings about sex
- Trouble sleeping
- Vaginal and urinary problems
- Trouble focusing or forgetfulness

"Been getting hot flushes, having bad moods, trouble sleeping, and focusing due to menopause. Since I've taken Serranol and Nascent Iodine and cut down on starchy carbs, I've been managing it much better. Thanks so much."

- Linda C., United States

Follow the Health Plan as recommended for the best results:

MENOPAUSAL SYMPTOMS HEALTH PLAN

The following health plan is designed to provide relief for menopause symptoms and to improve overall health. When this plan is combined with a naturally healthy lifestyle, it's possible for improvements to be seen in just a few short weeks.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **Serranol** - Take 2 x 3 times a day, 30 minutes before eating a meal with water. Reduce to 1 x 3 after 2 weeks.
- **Prescript-Assist - 29 Super Strain Probiotic** - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 3 times per day. An effective supplement for supporting the gut immune system and maintaining a healthy GI tract.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 a teaspoon daily to skin. This regulates and balances hormone levels.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

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Polycystic Ovary Syndrome (PCOS)

What Is Polycystic Ovary Syndrome?

Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder that is thought to be a major leading cause of female infertility in women of reproductive age. Common symptoms of PCOS include anovulation that results in irregular menstruation, ovulation-related infertility, amenorrhea, and excess androgenic hormones that can result in acne, hirsutism, and even insulin resistance. This can make those with PCOS more likely to be obese and have Type 2 diabetes and high levels of cholesterol. The symptoms of this syndrome can vary amongst women.

What Causes Polycystic Ovary Syndrome?

PCOS is a heterogeneous disorder and is largely classed as a genetic disease. It is a complex syndrome and is thought to affect around 5-10% of women during their reproductive age (from 12-45 years).

Polycystic Ovary Syndrome FAQ

Q: You helped us out a while back with my father. Now I am writing to you about my mother. She recently had a CT scan done of her pelvis and abdomen. The scan revealed that she has signs of a possible complex left ovarian cyst. She wanted to know if there was anything that she can do or take to get rid of it? Let us know. Thanks.

A: Serranol. Take 2 capsules x 3 times per day for a few weeks and then drop to 1 x 3; Nascent Iodine Drops 4 drops x 4 times per day. The diet is important to get her healthy (no high-sugar foods).

"I was diagnosed with Polycystic Ovary Syndrome and had cysts all over my ovary. I always had abnormal, irregular, very light, or infrequent menstrual periods, and this had been caused by PCOS. I was so scared, but I didn't want to give up and just let it cause more complications within my body. I searched for answers online and found out about Serrapeptase. Robert Redfern has been very helpful.

Almost a year later after bombarding my body with the miracle enzyme, the only "side effect" is that my last abdominal ultrasound showed that I'm PCOS-free. I no longer have the cysts, and I'm going to continue using this because I know it can help me have a healthy pregnancy eventually. Thank you so much for your products."

- Anita B., United States

Follow the Health Plan as recommended for the best results:

POLYCYSTIC OVARY SYNDROME (PCOS) HEALTH PLAN

The following plan is designed to provide relief for Polycystic Ovary Syndrome (PCOs) and to improve the condition, when combined with a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **SerraPlus+** -Take 2 capsules x 3 times per day, 30 minutes before eating a meal. Drop to 1 x 3 after a week or so. Helps to clear cysts, inflammation and scarring.
- **Curcuminx4000** - Take 1 capsule x 3 times per day with the SerraPlus+. This clears any inflammation and scarring.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 a teaspoon daily to skin. This regulates and balances hormone levels.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

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Post-Partum Period

What Is Post-Partum Period?

Post-partum period (or post-natal period) is the period beginning immediately after the birth of a child and covers a 6-week span, during the time where changes in a woman's body that happened during pregnancy return to the non-pregnant state.

Common problems during this period include damaged or painful perineum (the region of the body inferior to the pelvic diaphragm and between the legs), retention of urine, bowel problems, mastitis, backache, and psychological problems.

"I gave birth to my third child five months ago, and my sister advised me to take Serrapeptase to help clean out my system and manage post-partum. She gave me 3 bottles to start with, and I took 2 tablets three times a day before meals. True enough, I did not seem to have as much difficulty coping as with my two previous children."

- Julie C., Canada

Post-Partum Period FAQ

Q: How can Serrapeptase help?

A: Serrapeptase helps immensely as it slowly digests all of the dead scar tissue. By clearing away this problem tissue, it enables the body's own healing system to replace it with healthy tissue.

Follow the Health Plan as recommended for the best results:

POST-PARTUM PERIOD HEALTH PLAN

The following health plan is designed to provide relief for the Post-Partum Period, especially when combined with a naturally healthy lifestyle.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **SerraPlus+** - Take 1 capsule x 4 times per day, 30 minutes before each meal and the last one at bedtime.
- **Rio Rosa Oil** - Use on the scars a few times a day to reduce their appearance and improve skin texture.
- **Use Relaxed Breathing** - Make sure you are relaxed and breathe from the tummy. Breathing from the tummy is a power source for you and your baby, who will pick up on this and also become more relaxed.

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Pre-Menstrual Syndrome (PMS)

What Is Pre-Menstrual Syndrome?

Pre-menstrual syndrome (PMS) consists of a highly emotional phase, with or without physical symptoms, related to a woman's menstrual cycle. The emotional symptoms must always be present to diagnose PMS. These may vary from woman to woman, but every woman's pattern of both emotional and physical symptoms is predictable. It happens consistently during the ten days before menstruation and is usually gone either shortly before or shortly after it starts.

What Are Symptoms of PMS?

Pre-Menstrual syndrome (PMS) has numerous different symptoms, which include:

- Mood swings
- Tender breasts
- Food cravings
- Fatigue
- Irritability
- Depression

About three out of four women will experience some type of Pre-Menstrual syndrome, especially those in their late 20s and early 30s.

PMS FAQ

Q: I never like the time of the month when I'm nearing my period and getting PMS. It's like I can't control my emotions, and I'm getting headaches and cramps on my abdomen. I don't want to take any mood-elevating pills. I know it has to do with my hormones changing. Can Serrapeptase or any of your products help with PMS?

A: For PMS, you can try:

- BlockBuster AllClear
- Curcuminx4000
- NatraGest Progesterone Cream

"The PMS abdominal cramps have always been uncomfortable. And my mood swings drove everyone crazy, including myself. Taking Serrapeptase and Natragest Cream has helped me manage those. The cramps and mood swings have become less and less."

- Amor K., United Kingdom

Follow the Health Plan as recommended for the best results:

PRE-MENSTRUAL SYNDROME (PMS) HEALTH PLAN

The following health plan is designed to provide relief and improvement for Pre-Menstrual Syndrome, when combined with a naturally healthy lifestyle for long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **BlockBuster AllClear** - Take 3 capsules x 3 times a day, 30 minutes before eating, with water. This Serrapeptase/Nattokinase formula is designed to clear inflammation and to support the healing process.
- **Curcuminx4000** - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 teaspoon to skin daily. This regulates and supports hormonal balance.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

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Uterine Fibroids

What Are Uterine Fibroids?

Uterine Fibroids are benign (non-cancerous) tumors from smooth muscle tissue that form in the uterus. There can be multiple fibroids, and they are the most common tumors in females, typically found during mid-to-late reproductive years. Most fibroids grow and cause heavy and painful periods, painful sexual intercourse, and frequent urination. Some fibroids can also interfere with pregnancy, although this is thought to be very rare.

What Causes Uterine Fibroids?

The exact cause of uterine fibroids is unknown, but it is thought that Iodine deficiencies may be an important factor.

"I got scared when I found out I had pea-sized fibroids in my uterus. I was told that they will just get bigger and bigger and that my doctor will just check them during my regular visits to check on the size. They've not really been bothering me yet and causing that much discomfort, and I had the option to have them surgically removed, but I am aware that they may grow back. So I thought I'd try Serrapeptase first and see how it clears the fibroids before jumping into surgery without sure results. A couple of months after, my doctor can no longer find any tumor in my uterus. Thank you for your website and the information."

- Angie L., Canada

Follow the Health Plan as recommended for the best results:

UTERINE FIBROIDS HEALTH PLAN

The following plan is designed to provide relief for Uterine Fibroids, especially when combined with a naturally healthy lifestyle for long-term good health.

Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support women's health - in order of priority:

- **BlockBuster AllClear** - Take 3 capsules x 3 times a day, 30 minutes before eating, with water. This Serrapeptase/Nattokinase formula is designed to clear inflammation and to support the healing process.
- **Curcuminx4000** - Take 1 capsule x 3 times per day, with the BlockBuster AllClear. Curcumin is a powerful antioxidant that supports the healing process.
- **NatraGest Progesterone Cream** - Apply 1/4 to 1/2 teaspoon to skin daily. This regulates and supports hormonal balance.
- **Nascent Iodine** – Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Active Life** - This delivers a full spectrum of 90 liquid, highly-absorbable multivitamins and minerals. Take 15ml x 2 times daily with meals.

It is critical to follow a really healthy foods plan as part of your recovery.
See the food plans on **page 293** or go to **www.ReallyHealthyFoods.com** for recipes.

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Questions from the Help Line — Section O

What is Serrapeptase?

Serrapeptase is a proteolytic enzyme isolated from the micro-organism, Serratia E15. This enzyme is naturally present in the silkworm intestine and is processed commercially today through fermentation. This immunologically active enzyme is completely bound to the alpha 2 macroglobulin in biological fluids. Histologic studies reveal powerful anti-inflammatory effects of this naturally occurring enzyme.

What does it do?

Serrapeptase digests (dissolves) non-living tissue, blood clots, cysts, and arterial plaque and inflammation in all forms.

What happens to the residue?

This is mainly converted to basic amino acids and is usefully recycled into the body. Any other residue is excreted in the usual manner.

Has it any side effects, or can I take too many?

No side effects have been found in over 25 years of studies and usage. Many people take very high doses to speed-up the relief, e.g. in cases of sports injuries which can be as high as 30 per day with no side effects whatsoever, except faster recovery. It is even safe for children two years and older for a wide range of conditions: (asthma, lung problems, arthritis, etc.).

Why can it benefit so many different conditions?

Although Serrapeptase simply digests dead and inflamed tissue, these two problems are the cause of the majority of symptoms in the body. The wide range of conditions that responds to Serrapeptase includes:

- Varicose veins and other circulatory problems.
- Pain problems, such as arthritis, joints, muscles, and even MS.
- Lung diseases, such as emphysema, asthma, bronchitis, and bronchiectasis.
- Sinus and other ENT problems.
- Post-operative healing, lesions, and cysts (breast, ovarian, etc.).
- Arterial plaque, DVT (good for travellers), and blood clots.
- Migraines (vascular).
- Enlarged prostate and many more (see studies).

Can I use it for any condition, even those not listed?

It is worth a try for practically anything. If you have great discomfort, it is worth taking a high dose for one week, which should give noticeable relief.

Can it be used on animals, such as cats and dogs?

Yes, it has proven very effective on all animals. Many veterinarians are now prescribing Serrapeptase, as well as arthritic pet owners sharing their own bottle with their arthritic dogs to great effect.

I can understand internal scars (lesions and adhesions), but what about external scarring? How can it help this?

Serrapeptase will still work on surface scarring, just as it will on diabetic ulcers and similar problems. By continually digesting scar tissue, healthy tissue will eventually replace the old scar. It may not completely eradicate all of the scarring, but the worse the scarring, the better the visual benefits.

Can it be taken with other medication, and do I need to inform my doctor?

Yes, it can be taken with any medication and may mean that you will be able to stop taking them, but you should check with your doctor before doing so.

How can I obtain Serrapeptase or any of the other solutions?

Call the Help Line or email me: robert@goodhealth.nu.

I wanted to know if Serrapeptase clears external scar tissue?

Yes, but it is a slower process compared to internal scars. The scar will be flatter but may not disappear completely without Rosa Mosqueta oil.

I have abdominal scar tissue two years after a lipoplasty procedure. I heard that Serrapeptase could help "dissolve" internal scar tissue. Is there any truth to this?

Yes, it is a very effective and safe solution. It may take about three weeks to get rid of the discomfort and several more weeks to make sure it is completely clear.

As it is two years post-op, I do not have pain, maybe a burning sensation if the scar tissue is massaged, but that's about it. Do you still think Serrapeptase is effective as the scar tissue is this old? And if so, what doses should I be taking and how often?

Yes, it does not matter how old the scar is, Serrapeptase works on dead tissue. Dosage really depends upon your finances. I always recommend 2 capsules x 3 times a day to start.

Where can I purchase Serrapeptase? Can it be purchased in Australia? If not, can it be imported into Australia?

It cannot be purchased directly in Australia but can be bought on-line and imported for private use.

Will this help Irritable Bowel Syndrome?

Serrapeptase will remove dead tissue and inflammation from the digestive tract, thereby relieving the symptoms. There are, however, a number of causes of IBS; for example, some people benefit from hypnotherapy. Follow the plan in this book for the best results.

Where can I get Serrapeptase by mail order that doesn't have additives? I don't want all the non-essential ingredients like: maltodextrin, silicon dioxide, magnesium stearate, titanium dioxide.

SerraEnzyme 80,000IU from www.goodhealthnaturally.com contains only Serrapeptase and brown rice powder.

My research indicates that Serrapeptase is destroyed by stomach acid and therefore needs to be enterically coated. Do you have research that shows otherwise?

No, I recommend enteric-coated tablets and enteric-coated granules in capsules that do not contain any of the phthalates for the best and safest delivery.

I have osteoarthritis. I am taking Vioxx, 25mg, daily for inflammation. I am also taking 1500mg Glucosamine, 1200mg Chondroitin, and 3gm MSM. Will Serrapeptase help?

Serrapeptase is extremely effective in removing inflammation, without the side effects associated with drugs. Once the inflammation has gone, then the body's own recovery system can start to rebuild, with the help of Glucosamine, Chondroitin, MSM, and collagen.

I have a client in Portugal who takes medication for high blood pressure and also a prescription HRT; she would like to come off both and is interested in taking Serrapeptase. At present, we are still discussing her options, and I have expressed my opinion, which is that she should not stop taking her prescription drugs. Am I correct in thinking that with diet improvement and vitamin and mineral supplements her health may improve, perhaps to the point where she may not need to take the prescribed drugs? I do not intend to make any promises but feel the improvements would improve her overall health anyway.

The benefits with Serrapeptase will come for the high blood pressure. With the diet changes you are planning, she should see a steady improvement. If she wishes to keep to a low dose for the future, it is highly recommended. The HRT is a different story; natural progesterone and natural estrogens may be needed to replace the HRT.

What is the clinical usage of Serrapeptase in children, with dosage precautions and other relevant clinical information?

Serrapeptase can be safely used with children. I recommend 1-3 tablets per day for children. If they cannot swallow the tablets, they can chew the tablet as it does not have any taste. (Also, capsules can be broken open and mixed with honey.) In fact, a sore throat can be cleared in about 30 minutes by chewing 1-2 tablets. Our grandchildren use it when they get mucus problems from colds, with fast results.

Has Serrapeptase ever been used for Peyronie's Disease (curvature of penis)?

Yes, I have had good feedback - see the plan in this book.

Please can you tell me if I give Serrapeptase to my Dalmatian dog, how many tablets can I give him? Also, can it help for inflamed skin which occurs because of a small infection in the hair follicle (makes skin swell into a lump that looks inflamed)?

It is well worth trying; 1-3 per day should be sufficient.

Does Serrapeptase help with lung problems from fungus?

No, just the inflammation that may result from the fungal infection. Try colloidal silver in a nebuliser, mixed 50:50 with 3% hydrogen peroxide.

I am on Warfarin; is it safe to take Serrapeptase?

Yes, it is perfectly safe, and if you follow my cardiovascular plan, you may not need the Warfarin. Healthy people do not need drugs.

Can I take Serrapeptase whilst I am pregnant?

Yes, you can take it pre- and post-natal.

Why do doctors not prescribe Serrapeptase if it is so good?

They do, in the better medical systems such as Germany and other countries, with superior results compared to the UK and the USA. They have prescribed it since 1975.

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Questions from the Help Line — Section O

Can it get rid of my varicose veins completely?

It can get rid of the discomfort and the swollen veins (ask my grateful wife). It cannot repair damaged valves.

How long has Serrapeptase been in use?

Around 25-30 years.

My son has Crohn's Disease; he is 10 years old. Can he take these tablets and how many?

He can take any amount as they are quite safe. I would try 3 per day to begin. He also needs to follow the recovery plan to resolve it (found in this book).

I will be having ACL surgery and would like to use this enzyme in my recovery. I am somewhat familiar with enzymes from the book "Enzymes for Autism," which I am utilizing successfully for my son diagnosed with PDD-NOS.

Serrapeptase will certainly help in your post-op recovery.

I have a stomach ulcer and gallstones. Would Serrapeptase aid in recovery?

Not for the stomach ulcer, as it may cause discomfort. You need to use a special formula to heal the ulcer first before you deal with the gallstone. If you want a plan, please contact me at robert@goodhealth.nu.

My husband has nasal polyps and is about to go into hospital for the third time to have them removed. Will this product help him?

It should; it gets rid of other cysts. I cannot say how long it will take, so he can use Serrapeptase immediately when he comes out to prevent the return of the polyps.

I am primarily concerned with whatever cardiovascular benefits might be experienced with the use of Serrapeptase. Is the evidence supporting Serrapeptase very preliminary, or is it fairly solid, that shows benefit for arteriosclerosis?

You will not find any conclusive evidence of the effectiveness of Serrapeptase. The information around is simply the reports coming in from users and doctors who are witnessing the results. As it is obviously safe, no one feels the need to subject it to expensive trials.

Serrapeptase works in the same way that aspirin works, i.e. it is an anti-inflammatory. Cardiovascular diseases are mainly caused by chronic inflammation; anything that reduces this inflammation will help clear the arteries. Even simply stopping eating starchy carbohydrates and overcooked, microwaved, and processed foods will start the process of recovery (presuming you replaced those with vegetables and fruits).

The benefit with Serrapeptase, as well as being an anti-inflammatory, is that it is also a very strong protease. This dissolves the dead proteins that bind the plaque blocking the arteries. The reports come in daily of the many different successes. I take it myself just as an anti-ageing product (it is thought that premature ageing is the result of this same chronic inflammation).

My granddad is diabetic but would like to try this product for a number of things listed. Can he take this medication as a diabetic? What ingredients are used to make Serrapeptase, please?

Yes, he can take it as a diabetic and with the drugs he is taking. The contents are just Serrapeptase enzymes. Reports for diabetes users tell of balanced blood sugars, but I cannot tell if it is the Serrapeptase or the fact they are cutting back on starchy carbohydrates.

My husband has a condition called polycythemia (blood is too thick) and has to have a phlebotomy approximately every three months to keep his blood thin. He also has had a couple of mini strokes and is on a full aspirin a day and 11 mg of Coumadin daily for these conditions. He takes another medication called hydroxyurea which is a chemo drug to keep his white platelet count down. Is it safe for him to take this enzyme to keep any further blood clots from developing? I already take Serrapeptase for cardiovascular problems.

Yes, it is safe for him. I would like to offer some other advice, if I may. While there may be a genetic reason for his condition, factors that will make it worse are invariably common to many diseases. It is now thought that the cause of diseases is chronic inflammation. Chronic inflammation results in thick blood. Two biochemical markers of chronic inflammation, C - reactive protein and Homocysteine (tests are available for these), are also markers for all of the main diseases (including his). Your goal is to normalize everything without drugs.

How can you stop it? My advice is to go back to basics—follow the 'Garden of Eden Diet™' and take missing nutrients. Eat 90% fresh, living vegetables, fruits, nuts, seeds, beans, and a small amount of natural fish and meats (this means fish and meats that have only eaten natural foods, e.g. cows that have only eaten grass and herbs, NOT grains and cereals). Where possible, eat at least 50% of your foods raw or very lightly cooked. Chewing food 25 times is critical. If unable to chew, then blended is next best.

Stop eating (as much as possible) grains and cereals such as breads, pastry, biscuits, breakfast cereals, rice, potato products, microwave foods, irradiated foods, and factory processed or prepared foods. Read more in the plan on **page 293.**

- Take Serrapeptase 1-3 tablets, 3 times per day, depending upon finances.
- Take 3 Digestive Enzymes before each meal.
- Take a Homocysteine Control Spray - 6 sprays per day.

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Serrapeptase – Scientific Background of the Most Potent Proteolytic Enzyme?

Inflammatory Response

The Inflammatory Response is normally an important mechanism for protecting the body from attack by invading organisms, faulty cells, and trauma. When the immune system becomes dysfunctional, it loses its ability to differentiate between innocuous and potentially dangerous substances. This dysfunction results in a wide array of autoimmune diseases such as rheumatoid arthritis, ulcerative colitis, allergies, psoriasis, uveitis, multiple sclerosis, and some forms of cancer.

In spite of the huge range of successful enzyme studies showing safety and effectiveness, the standard therapy for inflammatory-mediated diseases and trauma include drugs such as steroids and non-steroidal anti-inflammatory agents (NSAIDs). These classes of drugs do in most cases offer temporary, symptomatic relief from swelling, inflammation, and accompanying pain, but without treating the underlying condition.

Drugs

The drugs used to control the inflammatory response may be immunosuppressive and cause dangerous side effects. The benefits and long-term risks associated with the use of NSAIDs, especially in cases of rheumatoid arthritis, need to be weighed very carefully. If not successfully treated, the inflammatory process itself can lead to limitation of joint function and destruction of bone, cartilage, and articular structures.

NSAIDs

NSAIDs are one of the most widely prescribed drugs for rheumatoid arthritis and other inflammatory joint conditions. They inhibit the biosynthesis of prostaglandins by irreversibly blocking cyclooxygenase, the enzyme which catalyses the reactions of arachidonic acid to endoperoxide compounds.

The Side Effects

The neurological and gastrointestinal side effects of these agents have been reviewed in considerable detail. All of the NSAIDs, with the exception of Cytotec, inhibit prostaglandin EI, a local hormone responsible for gastric mucosal cytoprotection. A common side effect from these medications is gastric ulcers. More serious adverse reactions such as blood dyscrasias, kidney damage, and cardiovascular effects have been noted. Most physicians rotate among the ten most widely prescribed NSAIDs, as soon as one causes side effects or stops working.

The Enzyme Alternative

The search for a superior enzyme that offers safe but powerful anti-inflammatory properties, thus averting the terrible side effects, ended when Serratia peptidase (Serrapeptase) enzyme was discovered in the early 70's. Serrapeptase is now in wide clinical use throughout Europe and Asia as a viable alternative to salicylates, ibuprofen (sold as an OTC in the U.S.), and the more potent NSAIDs. Serrapeptase is an anti-inflammatory, proteolytic enzyme isolated from the microorganism Serratia E15 and has no inhibitory effects on prostaglandins; it is devoid of gastrointestinal side effects and offers a sensible alternative.

Serrapeptase the Enzyme

Serrapeptase is processed commercially in the laboratory through fermentation. It was originally found in the silkworm, where it is naturally present in its intestine. This immunologically active enzyme is completely bound to the alpha 2 macroglobulin in biological fluids. Histologic studies reveal powerful anti-inflammatory effects of this naturally occurring enzyme. The silkworm has a special relationship with the Serratia E15 microorganisms in its intestines. The enzymes secreted by the bacteria in silkworm intestines have the ability to dissolve avital tissue but have no detrimental effect on the host's living cells. Thus, by dissolving the silkworm's protective cocoon (avital tissue), the winged creature is able to emerge and fly away.

Wide Range of Applications

The discovery of this unique biological phenomenon led researchers to study clinical applications of the Serrapeptase enzyme in man, in addition to its widespread use in:

- Arthritis
- Fibrocystic breast disease
- Carpal tunnel syndrome
- Atherosclerosis

Researchers in Germany have used Serrapeptase for atherosclerosis to digest atherosclerotic plaque without harming the healthy cells lining the arterial wall.

Chronic Inflammation

Today, researchers consider atherosclerosis an inflammatory condition (similar to many other degenerative diseases whose cause is identified as chronic inflammation). Some immunologists are even categorizing atherosclerosis as a benign tumour. Hardening and narrowing of the arterial wall is a cumulative result of microscopic trauma; inflammation occurs in the presence of oxidized lipids. Serrapeptase doesn't interfere with the synthesis of cholesterol in the body but acts as an anti-inflammatory and helps clear avital tissue from the arterial wall. It is important to note that cholesterol in its pure state is an antioxidant and a necessary component of the major organ and hormonal systems in the body. The use of medications, which block cholesterol biosynthesis, may eventually damage the liver and compromise antioxidant status of the eyes, lungs, and other soft tissues.

Powerful Anti-Inflammatory

A wealth of information exists regarding its anti-inflammatory properties. Serrapeptase has been used as an anti-inflammatory agent in the treatment of:

- Chronic sinusitis
- To improve the elimination of bronchopulmonary secretions
- Traumatic injury (e.g. sprains and torn ligaments)
- Post-operative inflammation
- To facilitate the therapeutic effect of antibiotics in the treatment of infections
- Cystitis and epididymitis

Standard Treatment in Europe

Serrapeptase has been admitted as a standard treatment in Germany and other European countries for inflammatory and traumatic swellings. In one double-blind study of Serrapeptase conducted by Esch et al at the German State Hospital in Ulm, 66 patients with fresh rupture of the lateral ligament treated surgically were divided in three randomised groups. In the group receiving the test substance, the swelling had decreased by 50% on the third post-operative day, while in the other two control groups (elevation of the leg, bed rest, with or without the application of ice), no reduction in swelling had occurred at that time.

The difference was of major statistical significance. Decreased pain correlated, for the most part, with the reduction in swelling. The patients receiving Serrapeptase became pain-free more rapidly than the control groups. By the tenth day, all patients were free of pain in the Serrapeptase-treated group. The therapeutic daily dose was 1-2 tablets (5 mg), 3 times daily.

Cystic Breast Disease

In another double-blind study, the anti-inflammatory enzyme Serrapeptase was evaluated in a group of 70 patients with evidence of cystic breast disease. These patients were randomly divided into a treatment group and a placebo group. Serrapeptase was noted to be superior to placebo for improvement of breast pain, breast swelling, and induration, with 85.7% of the patients receiving Serrapeptase reporting moderate to marked improvement. No adverse reactions were reported with the use of Serrapeptase.

ENT Success

In a third double-blind study, 193 subjects suffering from acute or chronic ear, nose, or throat disorders were evaluated. Treatment with Serrapeptase lasted 7-8 days taking 5mg tablets. After 3-4 days of treatment, significant symptom regression was observed in the Serrapeptase-treated group, while this was not noted in the control group. Patients suffering from laryngitis, catarrhal rhinopharyngitis, and sinusitis noted markedly rapid improvement. The physicians' assessments of efficacy of treatment were excellent or good for 97.3% of patients treated with Serrapeptase, compared with only 21.9% of those treated with placebo. The use of enzymes with fibrinolytic, proteolytic, and anti-edemic activities for the treatment of inflammatory conditions of the ear, nose, and throat has gained increasing support in recent years.

In a similar study of chronic bronchitis, conducted by a team of otolaryngologists, the Serrapeptase-treated group showed excellent results compared with the placebo group in the improvement of loosening sputum, frequency of cough, and expectoration. Other improvements included the posterior nasal hydro rhea and rhinostenosis. The administration of Serrapeptase reduces the viscosity of the nasal mucus to a level at which maximal transport can be achieved. It has also been demonstrated that the simultaneous use of the peptidase and an antibiotic results in increased concentrations of the antibiotic at the site of the infection.

The mechanisms of action of Serrapeptase, at the sites of various inflammatory processes, consist fundamentally of a reduction of the exudative phenomena and an inhibition of the release of the inflammatory mediators. This peptidase induces fragmentation of fibrinose aggregates and reduces the viscosity of exudates, thus facilitating drainage of these products of the inflammatory response and thereby promoting the tissue repair process. Studies suggest that Serrapeptase has a modulatory effect on specific acute phase proteins that are involved in the inflammatory process. This is substantiated by a report of significant reductions in C3 and C4 complement, increases in opsonizing protein and reductions in concentrations of haptoglobulin, which is a scavenger protein that inhibits lysosomal protease.

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Carpal Tunnel RSI

Carpal tunnel syndrome is a form of musculo-ligamentous strain caused by repetitive motion injury. Individuals who work at keyboard terminals are particularly susceptible to this condition. While surgery has been considered the first line treatment for carpal tunnel syndrome, recent studies reveal that the use of anti-inflammatory enzymes (e.g. Serrapeptase and bromelain), in conjunction with vitamins B2 and B6, is also effective. The use of non-invasive, nutritional approaches to the treatment of this common condition will become more important as a generation of keyboard operators approach retirement.

Enteric Coating for Intestinal Absorption

Several research groups have reported the intestinal absorption of Serrapeptase. Serrapeptase is well absorbed orally when formulated with an enteric coating. It is known that proteases and peptidases are only absorbed in the intestinal area.

These enzymes are mobilized directly to the blood and are not easily detectible in urine. Other enzymes with structural similarities have been reported to be absorbed through the intestinal tract. Chymotrypsin is transported into the blood from the intestinal lumen. Horseradish peroxidase can cross the mucosal barrier of the intestine in a biologically and immunologically active form. Several studies have appeared so far which refer to the systemic effects of orally given proteases and peptidases (e.g. Serrapeptase), such as repression of edema and repression of blood vessel permeability induced by histamine or bradykinin. These enzymes also affect the kallikrein-kinin system and the complement system, thus modifying the inflammatory response.

Superior Effects

In vitro and in vivo studies reveal that Serrapeptase has a specific, anti-inflammatory effect, superior to that of other proteolytic enzymes. A review of the scientific literature, including a series of controlled, clinical trials with large patient groups, suggests that Serrapeptase is useful for a broad range of inflammatory conditions. If one considers the fact that anti-inflammatory agents are among the most widely prescribed drugs, the use of a safe, proteolytic enzyme such as Serrapeptase would be a welcome addition to the physician's armamentarium of physiologic agents.

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Section 2

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There are 10 reasons why diseases are rampant.

1. Lack of Enzymes.

All life and health depend upon enzymes to digest food, assimilate it into tissue, and to clean up afterwards. When cooked food is eaten, digestive enzymes must be taken to compensate. Failure will lead to enzyme dysfunction and therefore health failure. Take digestive enzymes with any cooked foods.

2. Too many starchy carbohydrates in the diet.

Bread, pastry, biscuits, breakfast cereals, rice, potatoes, pasta, and any starchy foods that contain fungus (mycotoxins) also create a high level of glucose in the bloodstream (higher than 40 on the glycaemic index). This will cause inflammation and free radical damage (indicated by the rise in C-reactive proteins).

3. Not enough vegetables, fruits, nuts, seeds, and beans being eaten.

10 to 14 portions of vegetables (not root, except carrots and beetroot), 3 fruits, 1-2 beans, 1-2 nuts, and 1-2 seeds. You will get more than enough good carbohydrates and fibre from these foods.

4. Not enough beneficial bacteria being taken in daily.

Supplements of at least 9 strains of beneficial bacteria need to be taken daily.

5. Deficiency in the 60+ trace minerals needed in a healthy diet.

Trace minerals are missing from the soil, and even organically grown food is seriously deficient in trace minerals. All minerals in the spectrum are needed as they act as co-factors to each other.

6. Not enough Essential Fatty Acids.

Critical for all functions; see: Hemp Oil, Fish Oil, Olive Oil, etc.

7. Not enough oxygen and oxygen/carbon dioxide transfer.

Resulting from too little aerobic exercise and elevated reverse breathing (breathing in chest as opposed to diaphragm and taking more than 10 breaths per minute).

8. Not enough pure water being drunk daily (6-8 500ml [16oz] glasses of water).

9. Lack of sunshine on the skin.

Try to get 30 minutes every day to supercharge your system.

10. A feeling of no control over one's life.

Get a reason, a vision, and a plan for the future.

The above steps have been shown in studies to be major factors in whether disease and premature death can be avoided.

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The previous section explained in greater detail

Medical doctors have little or no training in nutrition and consequently may tell you that there are no known causes of the conditions detailed in this book. In fact, I believe that the whole concept of nutrition being directly related to the state of our health is deliberately kept from doctors during their training. From what I hear from doctors, a culture of ridicule is deliberately fostered around the notion.

We concur with a different group of scientists and doctors trained in nutrition who found that disease is contributed to significantly, or exacerbated by, nutritional deficiencies.

Every day, we need the following to sustain vibrant life and health:

- Proteins, fats and carbohydrates.
- 13 or so Vitamins.
- 20-60 Minerals (the number depends which scientist you believe).
- 12 or so Amino Acids.
- 10 or so Fatty Acids.
- 6 or so Digestive Enzymes (from plants).
- Oxygen.
- Pure Water.
- Probiotics (the healthy bacteria that should be in your intestines).

You may have heard the glib statement that 'as long as you eat a balanced diet, then you will get all of the nutrients you need'. To say that all of the above is in the average Western diet is plain crazy. Every single study for the past 75 years is showing a steady decline in nutrients in food (even organic foods).

What your Doctor may not know about the so-called 'balanced diet':

Nutritionist Dr. David Thomas gave the following findings on mineral depletion at a lecture *(published in the Nutrition & Health, the Journal of the McCarrison Society for Nutrition & Health Vol 17:no 2, 2003):*

Between 1940 and 1991...

1. Vegetables were depleted of:

76% of their copper, 49% of their sodium, 46% of their calcium, 27% of their iron, 24% of their magnesium, and 16% of their potassium.

2. Fruits were depleted of:

19% of their copper, 29% of their sodium, 16% of their calcium, 24% of their iron, 15% of their magnesium, and 22% of their potassium

Even if your ageing digestive system would absorb them, they are simply not there. Are you absorbing your nutrition?

"...the average 70-year-old has only 20% of the beneficial enzymes available compared to a 20-year-old."

Facts:

- Minerals are missing or severely deficient in the soil and hence the food. These minerals are critical co-factors for enzymes.
- All of the listed factors need to be in place, as they all work interactively or as co-factors to each other; any deficiency will result in a malfunction.

For example, there are over 80 enzymes at work in your body that need zinc as a co-factor:

1. You simply do not eat enough vegetables every day (10-14 portions) to get the nutrition to regenerate your body. A list of vegetables and their content can be found on **page 300.**

2. As we get older, we do not absorb food from our digestive system as well as we did when we were younger. This is caused by:

a. Eating too many starch carbohydrates for convenience. These block the digestive system lining and kill friendly bacteria. They cause the digestive diseases that so many people suffer from.

b. A lack of HCL (hydrochloric acid) in the stomach.

c. A lack of digestive enzymes in food.

Studies show that the average 70-year-old has only 20% of the beneficial enzymes available compared to a 20-year-old. This is mainly caused by overeating enzymatically dead foods. There is an urgent need to increase enzyme intake, either by way of the food we eat or supplements, to help make up for this poor absorption; for example a small glass of Apple Cider vinegar just before each meal will stimulate stomach acid.

3. Food intolerance to wheat or dairy products is the norm, and serious problems are very common. These problems block the uptake of nutrients in the digestive tract. If you have these problems, you will probably already be suffering from digestive problems such as indigestion, acid reflux, and bowel diseases like Crohn's, Piles, Colitis, IBS, etc. (This intolerance can also have a genetic factor.) Only eat sprouted seed breads.

4. Eating too many grains, cereals, and dairy products can replace or block proper nutrition. Wheat, grains, and dairy products are not appropriate nutrition for good health. I know many experts disagree, but their error in thinking may have helped to get you into this mess in the first place (more on this later). The negative aspect of these foods is amplified by modern factory processing. The fact is that scientific studies show them to be unhealthy for humans or animals. Eating organic whole grains instead of processed grains does not make you healthy, just a little bit healthier.

5. The bloodstream can suffer clogging (blood cells sticking or clumping together) as a result of an inappropriate diet, as described in #4 (above).

Lack of Enzymes

This does not need much more clarification as enzymes are well covered in this book. The only thing to emphasise is that as we all get older, the available enzymes in our body are insufficient to digest overcooked and processed foods, metabolise that digested food into healthy tissue, and to lastly clean up the mess afterwards. At the same time, they have to deal with the day to day emergencies that occur in everybody's life: sprains, strains, infections, wear and tear, and the extra work of looking after an older body. Try to eat at least one of your meals per day raw, as in a salad or raw veggie. The rest should be only lightly cooked (stir-fry, steamed, or gently heated, as in soups, etc.).

You need to Supplement with Enzymes for Good Health:

Many types of enzymes are being offered, and there are two considerations:

1. The amount of Enzymes.
2. The sources of Enzymes.

The Amount

This is confusing because manufacturers and suppliers use unclear terms, such as weight in mg, on the bottle. As Enzymes are measured in activity (e.g. in the same way that electricity is measured in watts, not kilograms), then to see mg on the bottle is meaningless. You will have no way of knowing what you are getting, and it could be 50mg of dead powder.

Therefore: Enzymes are ONLY MEASURED IN ACTIVITY, AS THEY ONLY PERFORM ACTIVITY.

All reputable sellers of Enzymes took standard measurements from the European committee that is now used on all enzyme products.

All Protease products must be measured in HUT, which is a measure of activity and not of weight, such as mg.

Examples are:

(Note: Recently, new terms have been introduced by individual companies, such as U, SPU, and SU, which should all be the same potency as IU.)

- **IU** stands for International Units and is used for Serrapeptase.
- **HUT** stands for Haemoglobin Unit Tyrosine base.
- **DU** stands for Alpha-amylase Dextrinizing units.
- **LU** stands for Lipase Units, and so on.

The authorities are putting pressure on all companies to comply with unit activity.

The Sources

Plant sourced enzymes are perfect for human beings as they are more active in the pH range (acid/alkalinity) found in the digestive system of humans. There is quite a difference in pH range, which explains the superior effects of plant sourced enzymes.

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Examples of other sources of inferior enzymes are:

- Pancreatin is a protease product from ox or bovine.
- Trypsin comes from bovine.
- Papain is a weak form of amylase.
- Bromelainis a weak Protease.

How do I know what is a good formula to take?

See the recommended enzyme specification in the suffix.

Too many starchy carbohydrates and other junk foods in the diet

No, not another Atkins diet. Think of this as the **Garden of Eden Diet™**, a time when we all ate pure, fresh, and alive foods, full of nutrients and full of enzymes.

Many people are only just discovering that there are **some foods that actually do harm to us,** such as:

1. Bread, pastry, biscuits, breakfast cereals, rice, potatoes, and pasta. Any starchy foods that contain fungus (mycotoxins) and also create a high level of glucose in the bloodstream (higher than 40 on the glycaemic index) will cause inflammation and free radical damage (indicated by the rise in C-reactive proteins). High glucose in the bloodstream, combined with proteins, leads to a chemical process known as glycation. When high glucose causes glycation of proteins in fats or protein clotting agents float around the bloodstream, it results in up to 50 times more free radical damage. Only eat Sprouted Seed breads (see the specification in the suffix).

2. Foods cooked in microwave ovens or cooked at high temperature for over 5 minutes or that have been irradiated.

Processed foods from a factory will certainly come in this category. All of these are nearly useless to deliver nutrients.

By stopping eating unhealthy foods we stop the damage and we get a chance to eat real foods to replace them. The real foods are discussed in the next section as well as the shopping list later.

Except carrots and beets, there are possibly no good starchy carbohydrates.

According to various studies, Starchy Carbohydrates:

1. Have too much Glucose (causing Glycation of proteins and subsequent free radical damage).
2. Have too many Mycotoxins (fungus), causing Chronic Inflammation.
3. Have too many Gluten Proteins, causing damage to cells.
4. Have up to 3000 chemicals the safe dose of Acrimilydes (Cancer promoting chemicals).
5. Kill the probiotics (friendly bacteria) in our digestive tract (which are aerobic - oxygen respiring).
6. Feed the unfriendly bacteria (which are anaerobic-glucose respiring).
7. Make the body too acidic (causing osteoporosis and a perfect disease promoting terrain).
8. Upset the hormonal system via the thyroid (and get us addicted to the serotonin fix) and upset insulin, adrenaline, and cortisol hormones.
9. Make us fat (too much glucose is quickly converted to fat for safety).
10. Cause Diabetes Type 2 as a result of glucose overload into the cells.
11. Block the uptake and manufacture of nutrients, especially B Vitamins in the intestines.

"The fact that starchy carbohydrates are addictive and may cause disease is an unpopular message, but it is still the truth."

Robert Redfern

There are no good reasons to eat them, except to help the bank balance of the food industry (that is why they call it a 'balanced diet'). But seriously, we may be addicted to them and need to take care just how much we eat. Once you have regained your health, a small amount of complex, starchy carbohydrates, such as brown rice, small jacket potatoes, etc. can be included but not mixed with proteins (meat/fish, etc.).

Over 100 years ago, a GP named Dr. Hay noticed that when he asked patients to stop eating starchy carbohydrates and proteins together at the same meal they became much healthier. This is called the Hay Diet, or food combining, and has been used by many people in the last 100 years. Sir John Mills, the actor, credited his 96 years of health to food combining.

Not enough vegetables, fruits, nuts, seeds, and beans being eaten

How do you know I am not taking enough?

Because the majority of people believe the wrong information given out by the food industry—that 3-5 portions of fruit and vegetables a day is ideal. The truth has been established by many studies that 10+ servings of vegetables and fruits considerably increase the antioxidant capacity in humans. Antioxidants protect you against just about every problem, including arthritis and premature ageing.

Therefore, we strongly recommend these servings per day:

- 10 to 14 portions of vegetables (not root, except carrots and beetroot)
- 2-4 low-sugar fruits (dark-skinned, such as cherry, bilberries, etc.)
- 2-3 beans and pulses (lentils, etc.).
- 1-2 nuts
- 1-2 seeds

I know that not everyone likes vegetables. This is understandable, considering the quantity needed for good health, but with a little creativity with the menus and recipes, they can always be tasty. There is a shopping list later, showing all of the healthy foods, and you will notice that some of your old favourites such as potatoes, are OFF the menu. Potatoes are very high in glucose and mycotoxins (fungus) and should be left off the menu.

The skin filled with 3-bean salad or curried vegetables is acceptable or a few new potatoes with your salad or veggies is okay. Just be sensible.

Three ideas to get veggies in your foods:

1. An easy way to get 6 vegetables in one meal is in soup or a smoothie. Vegetable soup can be blended with tomatoes and herbs, garlic, and other natural flavours.
2. 6 vegetables in a stir-fry for dinner.
3. Fruit salad for breakfast.

This example will give you your 16 portions daily - great! Get creative to come up with at least 5 recipe choices for each meal on your weekly menu. It is good to cycle the same meal every 3-5 days (except soup). If fish or meat is eaten, then make sure it is naturally reared, not intensively farmed. Later, I have given some ideas to get you started. Build on it with all of your cookbooks and check out the magazines for great recipes. You must end up with your own perfect recipe book/scrapbook to keep you on track.

Not enough beneficial bacteria being taken in daily

Supplements of at least 9 strains of beneficial bacteria need to be taken daily.

Why? Because your body cannot function healthily without them. This is seen in bottle-fed babies and elderly people when there is food poisoning going around. These are the at-risk groups, as they do not have the Probiotics to defend them against food poisoning. Lack of them contributes to the premature ageing process.

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What do they do?

- Attack and kill unfriendly yeast, fungi, bacteria, viruses, and parasites.
- Synthesize B vitamins and aid absorption.
- Enable Taurine, an important amino acid, to be absorbed.
- Keep the intestines clean and healthy.
- Break down hydrocarbons, improving absorption through the digestive system.
- Stimulate the body to produce natural alpha-interferon, a potent immune system enhancer.
- Provide critical Lactoferrin supplementation (as a byproduct of their metabolism), an iron-binding protein essential for retrieving iron from foods.

What are the symptoms of a deficiency?

- Gas, bloating, and indigestion.
- Diarrhea and/or constipation or food poisoning.
- Bad breath and body odor.
- Candida yeast infections.
- Skin problems such as acne, eczema, and psoriasis.
- Delayed development in children.
- Frequent colds and infections.

How do I know what is a good formula to take?

See the recommended Probiotic specification in the suffix.

Trace minerals are missing from the soil and even organically grown food is seriously deficient in trace minerals. All minerals in the spectrum are needed as they act as co-factors to each other.

Minerals and trace minerals are either low or missing completely from our soils and hence our foods. An example of this is Selenium. Studies show that it is essential for many functions in the body; many studies show that a deficiency leaves us open to cancers and heart disease. Farmers know this and give their breeding animals extra Selenium and other minerals in their feed to ensure the animals stay healthy. The government of Finland knows this and, in 1984, made a law that Selenium must be in the food chain. Finland has had a drop in the cancer and heart disease rates, compared to a steady rise in the UK and USA.

This is only one mineral out of more than 70 that were previously found in the soil. In the past 50 years, according to the statistics from the United Kingdom Ministry of Agriculture, some of the major minerals are down to 25%, compared to the 1950's. It is obvious that as minerals are critical in good health, then only by supplementation can we achieve good health.

I will repeat the findings of the study quoted earlier, because the findings are so dramatic.

Nutritionist Dr. David Thomas gave the following findings on mineral depletion at a lecture *(published in the Nutrition & Health, the Journal of the McCarrison Society for Nutrition & Health Vol 17:no 2, 2003):*

Deficiency in the 60+ trace minerals needed in a healthy diet

Between 1940 and 1991...

1. Vegetables were depleted of:

76% of their copper, 49% of their sodium

46% of their calcium, 27% of their iron

24% of their magnesium, 16% of their potassium

2. Fruits were depleted of:

19% of their copper, 29% of their sodium

16% of their calcium, 24% of their iron

15% of their magnesium, 22% of their potassium

Not enough Essential Fatty acids

Critical for all functions, see: Hemp Oil, Fish Oil, Olive Oil, etc.

Many people are confused about fats and oils as the media and nutritionists are always going on about low fat or how fats are bad for us, give us heart disease/cancer, and make us fat. Well, the opposite is true: Fats are essential for our good health. New studies are now showing that even saturated fats are not as bad as previously thought.

Fats are essential for our brains, our eyes, our heart, and many other functions. They even help you to lose weight. What is going on here?

Two things:

1. The information given out about by the authorities on nutrition is mostly wrong and at least misleading.
2. The food industry wants to sell 'low-fat foods' as though they are good for losing weight and promoting health. The truth is the opposite. Ask the long-living people in the Mediterranean. Fats keep you healthy but NOT when eaten with starchy carbohydrates, so be warned.

Warning

There are artificially manufactured fats 'Trans Fatty Acids' or 'Hydrogenated Fats' that do you serious harm. The fact that they are allowed to be sold and included in snacks, causing such harm, is testimony to the power of the food industry's political contributions.

How do I know what is a good product to take?

See the recommended Essential Fatty Acid specification in the suffix.

Not enough oxygen absorption and oxygen/carbon dioxide transfer

This results from too little aerobic exercise and fast reverse-breathing (breathing in the chest as opposed to the diaphragm).

Without oxygen:

- We do not have enough energy (80% of our energy comes from oxygen). Energy is produced by our cells taking in Oxygen and glucose at a ratio of 80:20, which then turns into a substance called ATP. This ATP is the fuel for energy. If we do not have the proper mix of oxygen and glucose, then less ATP is produced and Lactic Acid is produced instead.
- Our cells cannot regenerate properly if they do not have enough energy. As well as physical energy, this ATP is needed to energise the regeneration of our cells. Without it, they will start to degenerate.
- The immune system fails without high levels of oxygen. We open ourselves to disease with a deficiency.

Why do we not get enough oxygen?

- Poor Breathing.
- Sedentary Lifestyle.
- Pollution.
- Emotional Stress, or possibly from trauma.
- Infection.

How can we get more oxygen to avoid problems?

- **Take oxygen-absorbing enzymes** - These enzymes are extracted from seaweed and allow your cells to take in more oxygen. This happens almost immediately, and those suffering lung problems will notice improvement within minutes. These are used by athletes for endurance and by air travellers to overcome oxygen-deficit jet lag. If you are

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unable to get more oxygen any other way, or you need it for the other reasons mentioned previously, then it is an essential and effective way to improve your health.

- **Exercise for Oxygen** - As well as better oxygen, there are other good reasons to exercise daily, including muscle maintenance and lymphatic drainage. The old saying 'Use it or Lose it' gets truer as we get older, and something is better than nothing. For able people, fast walking for 60 minutes daily or rebounding on a mini trampoline (some now have safety rails) are the best ways to get basic exercise. Swimming does not compare, except maybe crawl or butterfly strokes, though definitely not breaststroke.
- **Improve Breathing** - With our 'sitting down' lifestyle, the majority of people are breathing into their chest as opposed to the diaphragm (tummy). To improve oxygen and carbon dioxide exchange, exercising to regain correct breathing is essential.
- **Breathing Exercises** - Correct breathing is rare (ask any singing teacher) but is essential for good health. It takes a lot of practice to use the correct breathing cycle, usually lost through too much stress and not enough walking (60 minutes per day).

A simple exercise to correct breathing can be started while lying on our back.

The breath should be taken into the diaphragm/tummy (not the chest). The tummy should inflate like a balloon when we take a breath in and deflate under our rib cage when we breathe out. This will be difficult to begin with, as the internal tummy muscles will have become very weak from lack of use. You can correct this, as with any muscle rebuilding, by repeating the exercise every day. Choose a time and place that will be most convenient, e.g. just before rising in the morning and going to bed at night.

The action is:

1. Take a breath in (let the tummy expand) to the count of 3.
2. Hold the breath in to the count of 3.
3. Breathe out to the count of 6 - deflating your tummy under the rib cage.
4. Repeat for as many cycles as you can manage.
5. Try to increase daily by 1 or 2 breaths. This should give you around 5-6 breaths per minute.

How do I know what is a good Oxygen Product to take?

See the recommended Oxygen Product specifications in the suffix.

Not enough pure water being drunk daily 6-8 500ml (16oz) glasses

Water is one of the three essential components of maintaining life and good health. This is born by the fact that you can only live a few days without water (or water-containing food).

I guarantee you are not drinking enough. Many Natural Health Practitioners have found that a major part of the epidemic of degenerative diseases is dehydration from not drinking enough water. Water helps all the major organs to function more efficiently. The kidneys, liver, lymphatic system, arteries, and veins all need adequate supplies of water to work at their optimum.

One of the most notable side effects of drinking 8+ glasses of water a day is your skin, which is about 70% water. You will get complimented often on your skin when you increase your intake of water. Watch the cells plump up, and wrinkles disappear... really! Headaches will also be reduced dramatically.

According to Dr. Susan Shireffs, of the Biomedical Services Department at Aberdeen University, "By the time you are thirsty you are already dehydrated. Even small levels of dehydration can cause headaches, lethargy, an overall lack of alertness and changes in mood".

So how can you tell if you are dehydrated?

One way is by checking your urine. If it's bright yellow, then you're probably dehydrated. Once you are re-hydrated, it will become very pale and clear. Results, however, depend on the quality of the water you consume. I'd suggest staying away from, or at least cutting down on, fizzy drinks. All those little bubbles are carbon dioxide. We expel the carbon dioxide while breathing out, as it's poison to the body. So why do we choose to put it back in again in the form of carbonated drinks? Probably because we didn't know any better... but we do now!

Fizzy drinks like cola not only dehydrate you but may also contain around eight cubes of sugar per can - even worse are the diet colas with huge amounts of chemicals like aspartame...

UGH! Steer clear of these if you want good health. We are walking around dehydrated... just think of a dried prune, and you've got the picture!

Muscles store about 16% of our water, so no wonder they are not able to function when dehydrated. They become flabby and soft and find it harder to hold the skeleton in its correct position. Once we have re-hydrated our muscles, you may be surprised to see your posture change, as they are now able to hold the skeleton in place much more easily. This is where you often find that backache and general aches and pains disappear.

The brain too is mostly water, and dehydration shows as poor memory, inability to think quickly, and a general sluggish thought process. All of these symptoms are much improved by drinking lots more water - much more than you think you need. Remember, we have to re-hydrate first.

It's interesting to note that the hypothalamus, the master of the endocrine system, houses both the receptors for thirst and hunger close together; often, these signals get confused. When we think we are hungry, we may in fact be thirsty, and a glass of water will do the trick. The secret is not to wait until you feel thirsty, as by that point your body is telling you that you are already dehydrated.

You need to drink more water. Tea, coffee, juices, and specifically soft drinks cannot be classed as water. Only water is water (and do not drink it regularly iced or chilled). The very best water in a clean, natural environment is rainwater. If you have ever washed your hair in rainwater, you will know what I mean.

How Much to Drink?

If you are not travelling and have regular access to the bathroom, then the following is ideal:

- **Drink 1 pint immediately on waking up in the morning.** Do not eat or drink anything else for 30-60 minutes. If you are suffering from constipation (defined as less than 2 bowel movements per day), then drink 2 pints for a week and then decrease to just 1 pint.
- **Do not drink liquid with meals, as this will dilute your digestive juices.** Then, to help your digestion even more, try to wait 30 minutes before you have a drink after your meal. The rest of the day, drink 1 glass (1/2 pint) every waking hour until 7pm. This should be 10-12 glasses per day, as well as the first pint. If you have bladder or prostate problems, this water is even more important, and you should also call the Help Line for the action plan to solve that problem urgently.

The best available water filter that can be plumbed in is the Reverse Osmosis filter. This also comes as a counter-top unit and is the least difficult to look after.

Reverse Osmosis filters range in price from around £200 for the counter-top version to about £350.00 for the plumbed-in unit. They can also be rented for approx. £5.00 per week.

Another good water filter is a water distiller. These come in two forms: the counter top 1 gallon distiller and a plumbed-in unit that fits in a cupboard. Both are only obtainable from specialist suppliers. They can be difficult to plumb in; the counter-top version, at about £150.00, is probably the best to start out with.

The next best filter is the carbon block filter or ceramic block filter. Both of these are normally plumbed-in but can come as 'counter top' units that you fill up.

The most common of the 'counter top' filters is the jug filter that can be bought at most health stores or chemists. These are the best (except for determined health participants) and cost between £20-£30 each. I really do recommend that you start with one of these and move on to the other options when you have established your action plan for good health. The downside of it is that the filter needs changing every 2-4 weeks to remain effective. You can always keep this as a travel filter.

Unfortunately, most tap water in Britain does not meet EU regulations and, even after using a water filter, traces of poisons, such as aluminum, lead, cadmium, iron, arsenic, and nitrates, are still likely to be there. Anna Selby, the author of *H2O: Healing Water for Mind and Body*, states that about 800 chemicals have been found in British drinking water.

The best way to filter your water is by fitting a filtering system that purifies your tap water and removes impurities, including minerals, fluoride, e-coli bacteria, and nitrates. A portable water filter does filter out the worst of the bacterial contaminants and is better than tap water - just remember to change the filter regularly.

When you are out traveling, bottled 'still' water is acceptable as a temporary substitute. Important note - If your tap water comes from underground wells (water company or private), then you should seriously look at a good filter as inorganic minerals can cause problems.

If you are determined to go with the tap water, then fill a jug with boiling water and leave it to stand for an hour before using it to allow the chlorine to evaporate. Try not to drink from the tap.

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Food, Lifestyle, and Their Effect on Disease

Lack of sunshine on the skin

While you may be put off the sun by the scare stories of skin cancer, the truth again is the opposite. We need sunshine on our skin at least 3-4 times per week for about 30 minutes. Other than obviously too hot mid-day sun, taking the sun will keep up Vitamin D levels and promote an overall sense of well-being.

The facts are that people who live in sunny climates and eat more vegetables and fish live longer and healthier than anyone else. Of course, walking will give you this exposure. If you cannot walk, then get out and sit in the sun.

A feeling of control over one's life

This is critical for good health. I do not mean becoming a control freak of those around you; I mean carefully considering what you want to do in life, balancing this against your responsibilities, and then getting on with your course of action. Of course, the greatest fulfilment is when we are helping others. We feel much better compared to worrying about how the world is unfair to us. If you are depressed, it is probably caused by a shortage of minerals and poor diet. Get these corrected and then evaluate the next step.

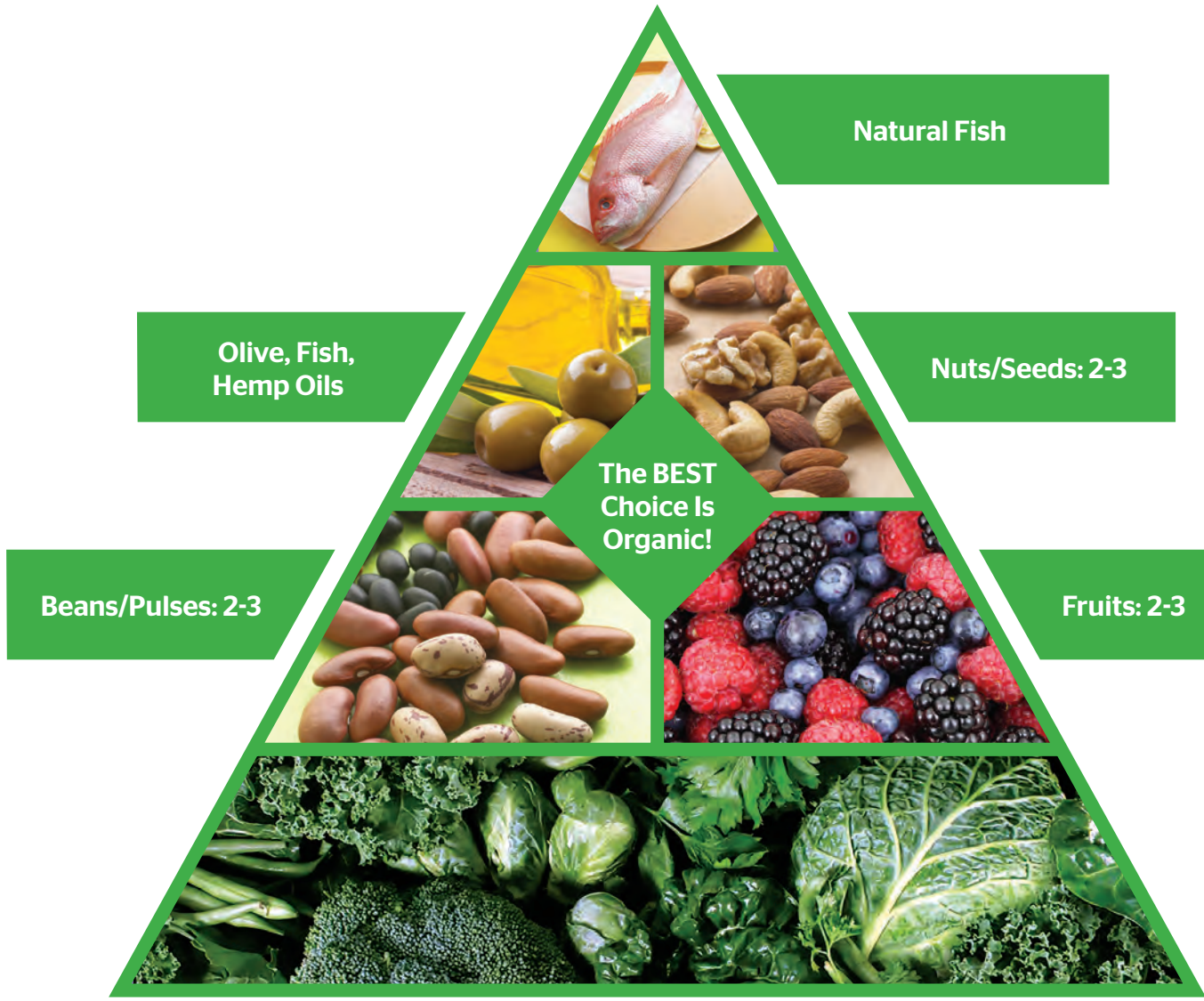
Get hope and a vision for the future.

The above steps have been shown in studies to be major factors in whether disease and premature death can be avoided.

The Garden of Eden Food Pyramid™

You will have seen the Food Pyramid put out by the food industry that encourages you to eat mostly starchy carbohydrates in your diet. Could this have anything to do with the fact that starchy carbohydrates are the easiest and most profitable foods for the industry? In fact, without starchy carbohydrates and other processed junk foods, the industry would hardly exist.

My food pyramid is based upon the Garden of Eden Diet™ that will not only help your recovery from disease but will also help your Good Health for Life Plan™.



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Junk-the-Junk Foods

Before we start on the basic 10 Step Plan, I want to make one last plea for getting the junk food out of your life. I know it is usually tasty to say the least, but the fact is junk foods all have high glucose, sugar, and salt, and all become addictive. Who wants to be an addict all of their life and pay for it with poor health?

What are Junk Foods?

- Breads, pastry, biscuits, breakfast cereals, polished (white) rice, potatoes and potato products, parsnips, and pasta.
- Intensive farmed meats and fish (i.e. fed on grains and cereals to fatten them quickly instead of the natural food in nature), smoked meats, sausages, and practically any processed fish and meats.
- Homogenised and pasteurised milk, cheeses, yoghurts, and in fact any milk products. It is believed by many researchers that processed milk products can cause cancer and other problems. If you want these in your life, then it is possible to obtain what is known as organic, raw milk products. They are not perfect, but I believe they are much healthier than the processed types.
- ALL Fruit Juices from shops are pasteurised and should be avoided. There is no such thing as fresh squeezed juice from a shop. Gasp... you mean they tell lies? Yes, they at least mislead you. Small amounts of juice that you have made fresh from fruit are acceptable. It is much better to eat the full fruit.
- Do not eat food that has been microwaved or irradiated. Studies show that these foods reduce the lifespan of any animal (or human) eating them.
- It is difficult to list every junk food, but basically anything that is processed in a factory and then repackaged in boxes, bottles, or cartons. Frozen fresh is second best to fresh. Tinned is a poor third because of the high temperatures they are subject to in preparation.

The list includes the following at least:

- Breads
- Grains
- Corn
- Wheat
- Rice
- Dates
- Processed foods
- Potatoes
- Breakfast cereals
- Root vegetables
- Pastry
- Biscuits
- Sweets
- Sugars
- Ice cream
- Meats
- Cakes
- Soft drinks
- Fruit juices
- Dairy products

The 10 'Step Good Health for Life' Plan

In the following pages, you will see the basic action plan for general good health.

Any action plan for a particular condition will obviously get better results when combined with this Basic Health Plan.

The following is my Basic Health Plan that has been used by many thousands with great success. It needs to be used in conjunction with the enzymes and is strongly advised as a continuing lifestyle choice for good health for the rest of your life.

You may have been told that all you need is in a balanced diet. The Ministry of Agriculture's own figures show that some minerals have reduced by 75% over the past 50 years.

If anyone tells you that the nutrients for health are contained in a balanced diet, then you have my permission to call them "an ignorant fool" from me.

"10 Step Plan "

1. Take the basic nutrients missing from the average daily diet for daily good health:

- Active Life Vitamins & Minerals in a liquid form
- Soil Based Probiotic - with over 29 probiotic microflora
- Digestive Enzyme Complex
- Fatty Acid Complex - Fish Oil or Hemp Oil

2. Drink water.

6+ glasses of water are essential for good health.

3. Eat living foods that regenerate your cells.

Live foods bring life, and dead foods bring death. We need to eat at least 10-14 portions of vegetables and fruit every day.

4. Stop eating junk foods that degenerate your cells.

This especially includes ALL breads, pastry, biscuits, breakfast cereals, potato products, parsnips, pasta, and processed foods. See Junk-the-Junk foods on **page 293.**

5. Get more oxygen around your body.

Oxygen is the prime source of health, energy, and regeneration in your body. Sitting down and expecting oxygen to get around your body is crazy. See Oxygen on **page 289.**

6. Cleanse/Detox.

Consider an Herbal Cleanse to recover and heal your digestive system.

7. Homeopathy.

Emotional problems? Ask your Doctor to refer you to a Homeopathic Doctor. It may work and should not need more than a couple of visits.

8. Acupuncture/Acupressure.

Consider acupuncture or electronic acupressure to treat the acupuncture points associated with your condition. See more on **page 327.**

9. Consider Oxygen Therapy.

Consider oxygen therapy from a qualified practitioner. Call the Help Line for details.

10. Get Serious about Health.

Getting healthy as opposed to just taking drugs is the sensible way to avoid diseases and premature ageing. Make it the highest priority in your life.

I have had discussions with thousands of sufferers of just about every disease, and a common factor is that the majority suffer from some sort of digestive tract problem. This ranges from minor indigestion to severe inflammatory bowel disease. I have to be honest and tell everyone that while my nutritional programs can help their problem, until they get their digestive tract healthy, then full recovery will not happen. This is why everyone should consider a digestive recovery program.

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Action Plan for a Dysfunctional Digestive System

For Bowel Diseases or Digestive Tract Recovery, Take (in order of priority):

1. Digestive Enzymes

Ensures proper digestion and absorption of food that will help heal the digestive system and improve general health.

2. Gastro Enzyme and Herbal Complex

To heal the digestive tract.

3. Probiotic 29 Strains

Ensures a healthy digestive tract by killing unfriendly bacteria, keeping Candida in check, helping the digestion of food, and ensuring critical nutrients such as Taurine are absorbed. They are also responsible for the manufacture of certain important B Vitamins in the digestive system.

4. Oxygen and Aloe Vera Formula

Take 1-2 oz, 30 minutes before food to help heal the digestive tract and support the probiotic. Probiotics are oxygen-respiring bacteria, and the addition of oxygen will help them thrive. The oxygen will also help to kill any pathogenic bacteria and fungus. The addition of Aloe Vera with its well-known healing effect on the digestive system makes these two components critical.

5. CurcuminX4000™

In serious health and bowel problems (Crohn's, etc.), this extract from Turmeric has the following digestive benefits:

- Helps protect against or lessen the degree of kidney lesions.
- Increases the production of digestive fluids and reduces gas.
- Lowers cholesterol levels in kidney and liver tissue.
- Protects against free radical damage.
- Neutralizes free radicals.
- Possesses anti-inflammatory actions.
- Relieves pain and inflammation in mucosal tissue.
- Possesses anti-viral, anti-microbial, and anti-parasitic activity.

6. Essential Herbal Cleanse

To cleanse and restore the digestive system and whole body system (if not already done yearly).

Sample Daily Action Sheet

Sample Digestive Daily Action Sheet

1. 7.00am or on Waking up

- Take 1 SerraEnzyme 250,000IU capsule, 30 minutes before eating.
- Drink a 500ml/16oz glass of water with a pinch of bicarbonate of soda and repeat 6-8 times spread over the day.

2. With Breakfast

- Take 1 Essential Digestive Plus capsule.
- Take 1 Prescript-Assist capsule.
- Take 1 Curcuminx4000 capsule.

After Breakfast

- Take 1-3 Gastro Enzyme Therapy capsules.

3. Midmorning

- Eat a piece of low-sugar fruit.

4. 30 Minutes Before Lunch

- Take 1 SerraEnzyme 250,000IU capsule.

5. Lunch

With Meal

- Take 1 Essential Digestive Plus capsule.
- Take 1 Curcuminx4000 capsule.
- Take 1 Prescript-Assist capsule.

After Meal

- Take 1-3 Gastro Enzyme Therapy capsules.

6. Midafternoon

- Eat another piece of low-sugar fruit.

7. ½ Hour Before Evening Meal

- Drink a 500ml/16oz glass of water with a pinch of bicarbonate of soda.
- Take 1 SerraEnzyme 250,000IU capsule.

8. With Evening Meal

- Take 1 Essential Digestive Plus capsule.
- Take 1 Curcuminx4000 capsule.
- Take 1 Prescript-Assist capsule.

After Meal

- Take 1-3 Gastro Enzyme Therapy capsules.

9. Late Evening Snack, 9.30PM

- Eat an apple.

10. Just Before Bed

- Take 1 SerraEnzyme 250,000IU capsule.

Note 1. *Take gastro 1-3 times a day, depending upon how severe your digestive problem is.*

Note 2. *If SerraEnzyme causes discomfort to your existing digestive problem, stop for 2 weeks before restarting.*

Note 3. *The Really Healthy Foods diet is very important over this recovery period.*

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Foods & Recipe Data Sheets

Basic tips for healthier eating

1. Take digestive enzymes.
2. Do not drink liquid just before, during, or after your meals. (This means tea, coffee, large glasses of water, etc. A glass of wine is okay.)
3. Chew each mouthful of food at least 20 times until it is liquid in your mouth (or blend it if you have difficulty chewing; otherwise, it will not absorb).
4. Take longer over your meal and eat only when relaxed.
5. Eat at least three meals every day and only eat fruit between meals.

No food will be digested without enzymes; no food will be assimilated without enzymes. Many natural practitioners just prescribe enzymes, but drinking more water, good nutrition and following the health plans means recovery can follow very quickly. If you cannot bear to eat your food raw, then you can only digest and assimilate it with additional enzymes taken before each meal.

When we eat a large amount of grains and cereals, we do not realise we are missing out on foods that contain high levels of nutrients - there are very few nutrients (proportionately) in grains and cereals that are not found in real foods, as well as many more. What are real foods? Vegetables (mainly plants, with only a few root vegetables as these may be high in starch), fruits, nuts, seeds, and beans.

> *"Eat your greens for the best of health."*
>
> Robert Redfern

An example is the nutrient Lutein that is critical for keeping our eyesight, especially as we get older. The following list shows the amount of Lutein per serving. There is none in grains and cereals.

1. Kale - 21,900 mcg
2. Spinach, cooked - 12,600 mcg
3. Mustard Greens - 9,900 mcg
4. Red Pepper - 6,800 mcg
5. Endive - 4,000 mcg
6. Green Peas - 1,700 mcg
7. Brussels Sprouts - 1,300 mcg
8. Collard Greens - 16,300 mcg
9. Spinach, raw - 10,200 mcg
10. Okra - 6,800 mcg
11. Romaine Lettuce - 5,700 mcg
12. Cooked Broccoli - 1,800 mcg
13. Pumpkin - 1,500 mcg
14. Summer Squash - 1,200 mcg

Include kale and a selection of other greens every day in your diet. See 'Good Health Soup™' later in this section. I explained earlier that excess glucose in the bloodstream causes Glycation. This is where the body's cells are damaged by this excess glucose and, unless you are a marathon runner, you will almost certainly be overdosing on glucose if you eat the standard amount of carbohydrate and starchy foods that has become the habit in the modern diet.

Where do we get this excess glucose? The foods that cause this unhealthy rise in glucose are officially called 'High Glycaemic foods'. I call them junk foods.

Glycaemic Index

The Glycaemic Index (G.I.) is a numerical system of measuring how fast a carbohydrate triggers a rise in circulating blood sugar - the higher the number, the greater the blood sugar response. So a low G.I. food will cause a small rise, while a high G.I. food will trigger a dramatic spike.

A list of carbohydrates with their Glycaemic values is shown on the following pages. The list is ordered by the G.I., which makes it easy to locate high or low G.I. foods. Except as noted, each of the G.I. values shown is based on around 80 studies in the professional literature referenced in the G.I. Factor.

There are two Glycaemic indexes, based on:

1. White bread = 100
2. Glucose = 100

The fact that there are two glycaemic indexes is confusing. I have shown the **Glucose Index.**

Foods & Recipe Data Sheets

Scientists fed 50 grams of glucose to their test subjects. They saw that this amount of glucose raised their subjects' blood glucose to a certain level. They called that level 100, which became the base of the index. Then they tested their subjects with other foods. If, for example, one of those foods raised their test subjects' blood glucose level 70 percent as much on average as the glucose did, then they assigned an index of 70 to that food. And so on with other foods tested.

Try to substitute foods that are lower on the list for the higher Glycaemic foods that you have been eating up till now. OBVIOUSLY, THE LOWER, THE BETTER - in my opinion, less than 45 would be ideal.

DIABETES - By eating regular meals from low Glucose Index foods, you will also avoid or reverse Type 2, or age-related diabetes (and get off the drugs).

If you mix two foods, one with a low number, such as spinach (22), and one with a high number, such as green lentil (67), then the result on your body is the average of these two (67+22 = 89 ÷ 2 = 45). Therefore, do not worry about making a dish, say soup, with some foods that are nutritious but of the higher numbers; the majority of low GI foods, such as vegetables, will bring down the average.

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Glycaemic Index

Your shopping list in order of a Healthy GI

Extract foods from this and make up your own healthy shopping list.

✔ = Good to eat **?** = Only eat occasionally ✖ = Eat rarely **NA**= Not Advised

Food Type	Glycaemic Index	Warning	Rating
Fruits - Nopal Prickly Pear Cactus	7	-	✔
Beans/Pulses/Grains - Lentils, Green, Canned	8	-	✔
Beans/Pulses/Grains - Soya Beans, Canned	14	-	✔
Yoghurt - Sheep's Milk	14	-	✔
Nuts - Peanuts	15	Contains Fungus; Not in Excess	?
Beans/Pulses/Grains - Soya Beans	18	-	✔
Beans/Pulses/Grains - Rajmah (Red Kidney Beans)	19	-	✔
Rice Bran	19	-	NA
Eggs (Organic)	20	Only Naturally Fed	✔
Nuts - Almonds	20	-	✔
Nuts - Brazil Nuts	20	-	✔
Nuts - Pine Kernels	20	-	✔
Nuts - Walnuts	20	-	✔
Vegetables - Alfalfa Sprouts, Etc.	20	-	✔
Vegetables - Dandelion Leaves	20	-	✔
Vegetables - Garlic	20	-	✔
Vegetables - Kale	20	-	✔
Vegetables - Lamb's Lettuce	20	-	✔
Vegetables - Mushrooms	20	-	✔
Vegetables - Peas, Mangtout	20	-	✔
Vegetables - Peas, Petit Pois	20	-	✔
Vegetables - Peas, Sugar-Snaps	20	-	✔
Fruits - Cherries	22	-	✔
Vegetables - Peas, Dried	22	-	✔
Vegetables - Seaweed (Wakame, Noni, Etc.)	22	-	✔
Vegetables - Fennel	23	-	✔
Sweets - Milk, Chocolate, Artificially Sweet	24	Never	NA

Food Type	Glycaemic Index	Warning	Rating
Vegetables - Beans, Runner	24	-	✔
Breads - Sprouted Bread (Sunnyvale)	25	-	✔
Bread - Sprouted Organic Wheat Grass Bread	25	-	✔
Fruits - Bilberry	25	-	✔
Fruits - Blackberry	25	-	✔
Fruits - Grapefruit	25	-	✔
Fruits - Nectarines	25	-	✔
Fruits - Raspberries	25	-	✔
Fruits - Rhubarb	25	-	✔
Quorn	25	Not in Excess	✔
Vegetables - Root Radish	25	-	✔
Vegetables - Artichokes	25	-	✔
Vegetables - Asparagus	25	-	✔
Vegetables - Aubergines	25	-	✔
Vegetables - Bamboo Sprouts	25	-	✔
Vegetables - Broccoli	25	-	✔
Vegetables - Brussels Sprouts	25	-	✔
Vegetables - Cabbage, Green	25	-	✔
Vegetables - Cabbage, Savoy	25	-	✔
Vegetables - Cabbage, White	25	-	✔
Vegetables - Cauliflower	25	-	✔
Vegetables - Celery	25	-	✔
Vegetables - Chilies	25	-	✔
Vegetables - Chinese Leaves	25	-	✔
Vegetables - Chives	25	-	✔
Vegetables - Courgettes	25	-	✔
Vegetables - Cucumber	25	-	✔
Vegetables - Curly Kale	25	-	✔
Vegetables - Lettuce	25	-	✔
Vegetables - Onions	25	-	✔
Vegetables - Sorrel	25	-	✔
Vegetables - Spinach	25	-	✔
Vegetables - Spring Onion	25	-	✔
Vegetables - Vine Leaves	25	-	✔
Vegetables - Leeks	26	-	✔
Pasta - Spelt Hemp Oil Enriched	27	-	NA
Vegetables - Endives	27	-	✔
Vegetables - Okra	27	-	✔

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Food Type	Glycaemic Index	Warning	Rating
Fruits - Strawberries	28	Only in Season	✔
Quorn/Tofu Sausages	28	Not in Excess	?
Beans/Pulses/Grains	29	-	✔
Gooseberries	29	-	✔
Beans/Pulses/Grains - Spelt	30	-	✔
Bengal Gram Dal - Chana Dal	30	-	✔
Breads - Bürgen Oat Bran & Honey Loaf	30	-	NA
Cheese - Feta (Unpasteurized)	30	-	?
Cheese - Goat's (Unpasteurized)	30	-	?
Fish - Cod	30	Not Farmed	✔
Fish - Collie	30	Not Farmed	✔
Fish - Eel	30	Not Farmed	✔
Fish - Haddock	30	Not Farmed	✔
Fish - Kippers	30	Not Farmed	✔
Fish - Mackerel	30	Not Farmed	✔
Fish - Plaice	30	Not Farmed	✔
Fish - Salmon (Wild or Organic)	30	Not Farmed	✔
Fish - Sardines	30	Not Farmed	✔
Fish - Shellfish	30	Not Farmed	✔
Fish - Trout	30	Not Farmed	✔
Fish - Tuna	30	Not Farmed	✔
Fruits - Avocado	30	-	✔
Soy Products - Soy Milk	30	Not Babies	✔
Soy Products - Tofu	30	-	?
Vegetables - Beans, Mung	30	-	✔
Vegetables - Peppers, Red/Green/Yellow	30	-	✔
Fruits - Dried Apricots	31	-	✔
Beans/Pulses/Grains - Lima Beans, Baby, Frozen	32	-	✔
Beans/Pulses/Grains - Millet	32	-	✔
Goat's Milk, Skimmed	32	Occasionally	✔
Spreads - Chocolate Spread	32	Occasionally, Contains Fungus, Use Raw Chocolate	✖
Sweets - Mars M&Ms (Peanut)	32	-	✖
Vegetables - Split Peas, Yellow, Boiled	32	-	✔
Beans/Pulses/Grains - Chick Peas	33	-	✔
Yoghurt - Goat's Milk	33	-	✔
Cheeky Yam	33	-	✔
Sweets - Milk Chocolate, Sugar Sweetened	34	Never Artificial	NA
Beans/Pulses/Grains - Black Beans	35	-	✔

Food Type	Glycaemic Index	Warning	Rating
Beans/Pulses/Grains - Black Gram	35	-	✔
Beans/Pulses/Grains - Black Bean Seed	35	-	✔
Beans/Pulses/Grains - Black-Eyed Beans	35	-	✔
Beans/Pulses/Grains - Broad Beans	35	-	✔
Beans/Pulses/Grains - Brown Beans (Mexican)	35	-	✔
Beans/Pulses/Grains - Brown Beans	35	-	✔
Beans/Pulses/Grains - Buckwheat	35	-	✔
Beans/Pulses/Grains - Bulgur Wheat	35	-	✔
Beans/Pulses/Grains - Butter Beans	35	-	✔
Vegetables - Root Comfrey	35	-	✔
Vegetables - Root Kohlrabi	35	-	✔
Vegetables - Beans, French	35	-	✔
Vegetables - Beans, Green	35	-	✔
Vegetables - Tomatoes	35	-	✔
Vegetables - Water Chestnuts	35	-	✔
Vegetables - Watercress	35	-	✔
Beans/Pulses/Grains - Lima Beans Broth	36	-	✔
Yoghurt, Unspecified	36	-	✔
Fruits Pear, Fresh	37	-	✔
Pasta Spaghetti, Wholemeal	37	Gluten and Fungus	✖
Beans Baked (Whole Earth Organic, Sugar Free)	38	-	✔
Beans/Pulses/Grains - Green Gram (Mung Beans)	38	-	✔
Beans/Pulses/Grains - Haricot/Navy Beans	38	-	✔
Fish Fingers	38	Home Prepared, Not Commercial	?
Fruits - Apple	38	-	✔
Soups - Tomato Soup	38	Home Prepared	✔
Soups - Vegetables & Beans Homemade	39	Home Prepared	✔
Beans/Pulses/Grains - Pinto Beans	39	-	✔
Breads - Barley Kernel Bread	39	-	?
Fruits - Plum	39	-	✔
Vegetable - Marrowfat Peas, Dried	39	-	✔
Fruits - Damsons	40	-	✔
Fruits - Dried Apple	40	-	✔
Fruits - Dried Prunes	40	-	✔
Vegetables - Baby Sweet Corn, Whole	40	-	✔
Vegetables - Marrow	40	-	✔
Beans/Pulses/Grains - Chick Peas, Curry, Canned	41	-	✔
Fruits Juice - Apple Juice	41	-	✔

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Food Type	Glycaemic Index	Warning	Rating
Beans/Pulses/Grains - Chick Peas, Canned	42	-	✔
Breakfast Cereals - All-Bran	42	-	✔
Fruits Peach, Fresh	42	-	✔
Bengal Gram Dal with Semolina	43	-	NA
Breads - Barley Chapatti	43	-	NA
Puddings - Custard	43	-	NA
Sweets - Mars Twix Cookie Bars (Caramel)	43	Occasional	NA
Fruits - Orange	44	-	✔
Fruits - Pear, Canned	44	-	✔
Soups - Lentil Soup, Canned	44	-	✔
Sweets - Mars Chocolate	44	Occasional	NA
Vegetables - Root Sweet Potato	44	-	✔
Vegetables - Root Turnip	44	-	✔
Beans/Pulses/Grains - Pinto Beans, Canned	45	-	✔
Fruits - Figs	45	-	✔
Yoghurt - Yakult (Fermented Milk)	45	-	?
Beans/Pulses/Grains - Romano Beans	46	-	?
Fruit Juices - Pineapple Juice	46	-	?
Fruits - Grapes	46	-	?
Lactose	46	-	?
Soups - Black Bean Soup	46	-	?
Fruits - Peach, Canned	47	-	?
Fruit Juices - Grapefruit Juice	48	-	?
Vegetables - Peas, Green	48	-	?
Breakfast Cereals - Porridge (Oatmeal)	49	-	NA
Sweets - Chocolate 30 g	49	Rarely, Raw Chocolate Only	NA
Vegetables - Root Carrots	49	-	?
Breads - Pumpernickel	50	-	NA
Puddings - Ice Cream, Low Fat	50	-	NA
Horse Gram	51	-	?
Vegetables - Yam	51	-	?
Beans/Pulses/Grains - Kidney Beans, Canned	52	-	?
Fruit Juices - Orange Juice	52	-	?
Fruits - Kiwi Fruit	53	-	?
Beans/Pulses/Grains - Lentils, Red	54	-	?
Fruits - Banana	54	-	?
Snacks - Potato Crisps	54	-	NA
Vegetables - Root Swede	54	-	?

Food Type	Glycaemic Index	Warning	Rating
Biscuits - Oatmeal Cookies	55	-	✖
Biscuits - Rich Tea Cookies	55	-	✖
Cereal - Sweetcorn	55	-	?
Fruits - Fruit Cocktail (Tin)	55	-	?
Rice - Brown	55	-	?
Snacks - Popcorn	55	-	?
Vegetables - Sweet Corn	55	-	?
Breakfast Cereals - Muesli	56	-	?
Fruits - Mango	56	-	?
Fruits - Sultanas	56	-	?
Vegetables - Root Potatoes White	56	-	?
Breads - Pita Bread, White	57	-	NA
Fruits - Apricots, Fresh	57	-	?
Rice - Wild	57	-	✖
Vegetables - Root Potatoes New	57	-	?
Cereal - Rice Basmati	58	-	✖
Fruits - Paw Paw	58	-	?
Rice - Basmati Rice	58	-	✖
Rice - Vermicelli	58	-	✖
Rice - White	58	-	✖
Spreads - Honey	58	-	NA
Beans/Pulses/Grains - Barley, Cracked	60	-	?
Beans/Pulses/Grains - Barley, Pearled	60	-	?
Breads - Pizza, Cheese	60	-	NA
Soups - Split Pea Soup	60	-	?
Biscuits - Muesli Bars	61	-	NA
Breads - Barm Cake Bun	61	-	NA
Sweets - Mars Whole Grain Bars (Chocolate Chip)	61	-	NA
Vegetables - Root Potatoes, Canned	61	-	?
Breads - Maize Chapatti	61	-	NA
Green Gram Dal with Semolina	62	-	NA
Vegetables - Root Potatoes Prince Edward	63	-	?
Beans/Pulses/Grains - Lentils, Green	64	-	?
Biscuits - Shortbread Biscuits (2)	64	-	NA
Breads - Rye Flour Bread	64	-	NA
Fruits - Apricots, Canned, Syrup	64	-	?
Fruits - Raisins	64	-	?
Pasta - Macaroni and Cheese	64	-	NA

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Food Type	Glycaemic Index	Warning	Rating
Vegetables - Beets	64	-	?
Beans/Pulses/Grains - Couscous	65	-	?
Cereal - Couscous	65	-	?
Fruits - Melon (Cantaloupe, Honeydew, Galia)	65	-	?
Vegetables - Root Potatoes Steamed	65	-	?
Beans/Pulses/Grains - Barley, Rolled	66	-	✖
Drinks - Cordial, Orange	66	-	✖
Fruits - Pineapple	66	-	✖
Soups - Green Pea Soup, Canned	66	-	✖
Breads - Croissant	67	-	✖
Breakfast Cereals - Grapenuts	67	-	✖
Gnocchi	67	-	✖
Breads - Crumpet	69	-	✖
Breads - Ryvita	69	-	✖
Breads - Wholemeal	69	-	✖
Breakfast Cereals - Shredded Wheat	69	-	✖
Beans/Pulses/Grains - Dried, P. Vulgaris	70	-	✖
Breads - Melba Toast	70	-	NA
Breads - White	70	-	NA
Breads - White Bread (1 Slice)	70	-	NA
Breakfast Cereals - Weetabix (2)	70	-	✖
Fruits - Banana, Unripe, Steamed 1 hr.	70	-	✖
Vegetables - Root Potatoes Mashed	70	-	✖
Biscuits - Water Biscuits (5)	71	-	✖
Breads - Wheat Bread, White	71	-	NA
Breakfast Cereals - Sultana Bran	71	-	✖
Cereals - Millet	71	-	✖
Breads - Bagel, White	71	-	NA
Fruits - Watermelon	72	-	✖
Vegetables - Root Swede	72	-	✖
Vegetables - Root Potatoes Boiled, Mashed	73	-	✖
Breads - Bread Stuffing	74	-	NA
Breads - Whole Wheat Bread	74	-	NA
Breakfast Cereals - Cheerios	74	-	NA
Breakfast Cereals - Puffed Wheat	74	-	NA
Snacks - Corn Chips	74	-	NA
Corn - Bran	75	-	NA
Vegetables - Root Potatoes Chips (French Fries)	75	-	✖

Food Type	Glycaemic Index	Warning	Rating
Vegetables - Pumpkin	75	-	✖
Breakfast Bars	76	-	NA
Breakfast Cereals - Waffles	76	-	NA
Cakes - Donut	76	-	NA
Biscuits - Vanilla Wafer Biscuits (6)	77	-	NA
Breakfast Cereals - Coco Pops	77	-	NA
Jowar	77	-	NA
Rice Cakes	77	-	✖
Breads - Wheat Bread, Wonder White	78	-	NA
Green Gram Dal + Paspalum Scorbic.	78	-	NA
Biscuits - Morning Coffee Cookies	79	-	NA
Sweets - Jelly Beans	80	-	NA
Breads - Puffed Crispbread	81	-	NA
Puddings - Tapioca, Boiled with Milk	81	-	NA
Snacks - Pretzels	81	-	NA
Breakfast Cereals - Rice Krispies	82	-	NA
Vegetables - Root Potatoes Microwaved	82	-	✖
Breakfast Cereals - Cornflakes	83	-	NA
Vegetables - Root Potatoes Instant	83	-	✖
Vegetables - Root Potatoes Baked	85	-	✖
Breads - Gluten Free	90	-	NA
Breads - Wheat Bread, Gluten Free	90	-	NA
Rice - Bubbles	90	-	NA
Rice - Instant, Boiled 6 Minutes	90	-	NA
Spreads - Jams and Marmalades	91	-	NA
Rice Pasta - Brown	92	-	NA
Breads - French Baguette	95	-	NA
Drinks - Lucozade	95	-	NA
Drinks - Glucose	96	-	NA
Vegetables - Root Parsnips	97	-	✖
Glucose Tablets	102	-	✖
Fruits - Dates	103	-	✖
Maltodextrin	105	-	✖
Maltose	105	-	✖
Puddings - Tofu Frozen Dessert, Non-Dairy	115	-	NA
Tofu Ice Cream	123	-	NA

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Tips on Shopping:

- Make a shopping list.
- Do not buy on impulse unless it is going to be added to your shopping list permanently.
- Do not buy any breads, pastry, biscuits, breakfast cereals, white rice, potatoes, and pasta.
- No matter how good the presentation, i.e. bread with olive oil, sun dried tomatoes, whole grain, organic, etc., it is still bread, and it does just as much harm.
- Examples of recipes that include real, high nutrient food with low Glycaemic numbers are at the end of this section.
- Make your own menu (or recipe book), even a scrap folder with cuttings from magazines and recipe books.
- If you have time, we would like to have copies of good healthy recipes sent to us for inclusion on reallyhealthyfoods.com.

Sprouting

Try sprouting to make sure you are getting fresh vegetables every day. The vegetables from stores may be weeks old and lose vital nutrients within a couple of days. I do not mean just bean sprouts; I am talking super foods such as sprouted barley, wheat, oats, rye, broccoli, and kale. Eaten raw, with garlic and delicious dressings, will give you the most nutritious food on the planet. To find out more, call an independent health store, search on the Internet, or get a book on sprouting.

Important Note:

- Do not microwave your food nor overheat. This will kill the enzymes that are vital for your good health.

To buy or not to buy Organic Vegetables?

- **Organic vegetables have more minerals, e.g. organic tomatoes have up to ten times more organic iron than non-organic tomatoes.** Vitamin C and magnesium are nearly 30% better. 21 nutrients in total were found to be higher in organic foods.
- **Organic vegetables do not contain pesticides.** Studies show that pesticides reduce the antioxidant content of vegetables. Pesticides may also cause cancer, Parkinson's disease, fetal abnormalities, and chronic fatigue.
- **Organic foods are always free from Genetically Modified Organisms (GMO) and in the case of meat are not fed GMO grains, etc.** (I do not recommend eating any meat fed on grains or cereals). There are no independent studies as to what GMO foods may or may not cause, as apparently government authorities did not feel we are worth it. The only independent studies conducted showed side effects.
- **Organic foods do not contain hydrogenated fats** (the really bad kind that make you sick, as opposed to fats that make you healthy).
- **Organic foods do not contain any artificial sweeteners and colors that may be responsible for asthma, allergies, growth retardation, headaches, or hyperactivity.**
- **Organic foods do not cost the earth!**

Foods & Recipe Data Sheets

Organic Sprouted Wheat Bread

I recommend this because it is the only UK bread made from Organic Wheat Grass.

Centuries ago, especially in biblical times, bread was made simply, purely, and naturally, using just sprouted wheat and water. This is believed to be the healthiest of bread. Now such bread is available again, but this time with a number of varieties to choose from.

ORGANIC SPROUTED BREAD is available in Original Plain, or with Raisins, Dates, and Fruit & Almond.

Benefits:

- Sprouted grain bread has almost double the fibre and protein content than any other bread.
- It is lower in calories and virtually fat and salt free.
- It is ideal for people looking for a low fat, energy food, as it provides sustained energy, using complex carbohydrates.
- It is also ideal for an increasing number of people with special dietary needs, as it contains no ingredients other than Organic Wheat Grass and filtered water - no flour, yeast, fats, sugar, sweeteners, eggs, salt, or dairy products.
- Sprouted Wheat breads have been known to be eaten by those on Wheat-Free and Gluten-Free diets, with no detrimental effects.
- Perhaps most remarkably, despite its healthy ingredients, it is delicious too!

The high nutritional content of the sprouted grain bread is achieved through the special process by which it is made. Firstly, they soak only the best organic wheat kernels in pure filtered water, under tightly controlled conditions. These are then allowed to sprout naturally. Once fully germinated, the sprouts are ground, blended with organic dried fruit where appropriate, formed into loaf shapes, and baked slowly and gently at low temperatures.

Sprouting of the grain significantly increases the protein, vitamin, and enzyme content of the breads, whilst complex starches in the grain are converted to natural sugars, providing the body with an easily digested, rich energy source. Because at Sunnyvale they use the whole grain, the breads contain 100% of the bran fibre and wheat germ of the original grain, naturally producing typically almost double the fibre content of everyday bread. The resulting bread is highly nutritious, traditional, filling, and full of flavour.

Eat Right 4 Your Type:

Research in the USA by Dr. D'Adamo has shown that to maintain perfect health, we should eat according to our Blood Type, because the different lectins in food react differently in our bodies. That is, your blood type determines which foods are right for you. This research has also shown that though wheat is not suitable for all blood types, Sprouted Wheat on the other hand is suitable for ALL blood types.

As if all of the above was not enough, the Original Sprouted Bread is also available in the following delicious Flavours: Raisin, Date, and Fruit & Almond. Sunnyvale Organic Sprouted Wheat Breads are available in most good health stores.

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Menu Ideas

Breakfast Ideas

- Good Health Naturally Lutein Soup™ (see recipe later).
- Organic eggs - boiled, poached (on spinach), or scrambled with tomatoes, mushrooms, and/or vegetable omelettes (no cheese).
- Occasional porridge with almond milk or coconut milk.
- Fresh fruit salad - with soya yogurt, etc. (check previous table for low glycaemic fruits).
- Kippers and tomatoes.
- Replace flour bread with sprouted wheat bread. This is a healthy bread described in the Old Testament and consists of 100% organic sprouted grains (see data sheet later).

Lunch Ideas

- Good Health Naturally Lutein Soup ™ (at least once per day).
- Salads - Greek salad, avocado salad, salad nicoise (no potatoes), fish salad (tuna, herring, salmon, pilchards, or sardines), or 3 bean salad. (Note: Do not fill up on lettuce; consider instead red/green/yellow peppers, onions, tomatoes, garlic, etc.).
- Sugar free, organic baked beans, mushrooms, and tomatoes, etc.
- Raw veggie sticks with hummus or similar.
- Leftover food from previous night.

Evening Meal Ideas

- Good Health Naturally Lutein Soup™.
- Vegetables - stir-fried, steamed, flash boiled, or oven roasted in olive oil.
- Tofu chunks, once or twice per week.
- Add fish (oily fish: salmon, not farmed unless organic; sardines; mackerel; trout; and eel at least 3-4 times per week) in place of meat. Haddock and cod do not contain high enough levels of EPH and DHA to count.
- Meat (must be naturally reared, e.g. lamb or grass-fed beef) once or twice per week.
- Baked sweet potatoes twice per week.
- Vegetable curry with bean curry (chickpea dahl), etc. (If absolutely necessary, include very small amount of brown rice.)
- Vegetable chili.
- Fish and vegetable stew.

Snack Ideas

- Eat 1 piece of low-sugar fruit between meals (mid-morning, mid-afternoon, and mid-evening).
- A delicious healthy snack or replacement for cake is fruit sprouted wheat bread (see data sheet later).
- A bar of dark chocolate (or chocolate raisins/nuts) is a reasonably healthy snack.

Recipes

Good Health Naturally Lutein™ Soup

- Eat it most days at breakfast, lunch, or for an evening meal.
- Make enough to last for 3-4 days if you have room to keep it in the fridge. One idea is to put each day's soup into 'Tupperware' type containers, which may fit into the fridge easier.

Vegetable Ideas

Choose 5-6 vegetables, only include 1-2 root vegetables.

- Kale (important)
- Purple broccoli
- Carrots
- Spinach
- Peas
- Green beans
- Broccoli
- Brussels sprouts
- Cabbage
- Asparagus
- Spring greens
- Watercress
- Cauliflower
- Red & yellow peppers
- Seaweed (noni, kelp, wakame, etc.)

Plus

- Onions (ample amount)
- Celery
- Tinned tomatoes
- Garlic
- Tinned beans (Choose 2-3 types, e.g. haricot, soya beans, kidney beans, chickpeas, ballotti beans, lentils, black eyed beans; all tinned, sugar free, ready to use, dried, or cook your own.)
- Rock salt or Celtic sea salt
- Vegetable stock cube
- Seasoning
- Oil

Cooking

1. Put 2 tablespoons of oil in a large pan; chop onion, carrots, and celery. Cook for approximately 5 minutes.
2. Add rest of chopped vegetables, tinned tomatoes, and boiling water, plus the vegetable stock cube and minced garlic.
3. Do not boil, just simmer for 5-10 minutes until just cooked.
4. Remove from heat and then blend to suit your taste.
5. Return to pan and add pulses and beans.
6. Allow to cool, and then refrigerate in containers or pan.

Makes enough to last 4-5 days if kept in fridge. It can be frozen, if necessary.

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Fish and Vegetable Stew

- Eat 1-3 times per week with different fish.
- Makes enough to last for 1-2 meals if you have room to keep it in the fridge (or longer in freezer). One idea is to put each day's meal into 'Tupperware' containers, which may fit into the fridge easier.

Ingredient Suggestions:

- Kale (important)
- Seaweed (noni, kelp, wakame, etc)
- Green beans
- Broccoli
- Sweet potato
- Red & yellow peppers
- Spinach
- Cabbage
- Mussels or clams
- Salmon (not fish-farmed), coley, sole, prawns, mackerel, or any fish to taste

Plus

- Rock salt
- Garlic
- Tinned tomatoes
- Tomato puree
- Red onions
- Seasoning
- Sunflower oil

Cooking

1. Heat 2 tablespoons of oil in a large pan.
2. Fry onions for 2 minutes, then take onion out, leaving oil in.
3. Add diced fish to the oil and fry on high heat for 2 minutes to seal the fish.
4. Add the cooked onion and then the rest of the chopped vegetables.
5. Add tomatoes, seasoning, minced garlic, and stock (water) to taste.
6. Bring to boil and then reduce heat to gently simmer for 20-30 minutes.
7. Add any prawns or shellfish 5 minutes before end. (You can keep all of the previously cooked fish out until this point if you prefer chunkier pieces.)

Product Index A-Z Used in the Health Plans

The following section covers the specification of the various nutrients mentioned in this book. If you are unsure about any of the details, check with the Help Line for more details.

1st Line (Thiocyanate) Immune Support Kit - Extra Powerful Immune Support Kit

- The Body's Natural Immune Response
- A Stronger Immunity At The First Sign Of Infection
- Better Defence Against Colds & Flu
- Better Defence Against Bacteria, Viruses, Yeasts, And Fungi
- A Natural Defence System, Without Side-Effects

SUPPLEMENT FACTS

Serving Size: 1 serving in water (400-500mls)
Servings Per Container: 1

Ingredients	Amount Per Serving	% DV
Sodium Thiocyanate	100ppm	*
Sodium Hypothiocyanate	60ppm	*

*Daily Value not established

Other Ingredients: Hydrogen peroxide, poly aluminium chloride, lactoperoxidase and bentonite. Note that no hydrogen peroxide or aluminium is consumed as these are converted by the enzymes in the creation of the oxythiocyanate ions or are resides in the green/brown mass.

Active Life - A Daily Dose Of Liquid Vitamins And Minerals

- A Healthy Immune System And Normal Recovery Processes
- As Part Of A Healthy Daily Nutritional Program
- Includes Critical Minerals Selenium And Chromium
- Suitable For The Whole Family

SUPPLEMENT FACTS

Serving Size: 1 fl oz. (1 capful)
Servings Per Container: 32

Suggested Use: Shake well before using. Mix 1 ounce with a glass of juice or water.

Refrigerate After Opening.

Ingredients	Amount Per Serving	% DV
Calories	39	*
Total Carbohydrates	9g	2%
Sugar (from Natural Fruit Concentrate)	2.5g	1%
Calcium (Tricalcium Phosphate Citrate)	600mg	50%
Choline Bitartrate	25mg	*
Chromium (Chromium Polynicotinate)	120mcg	100%
Copper (Copper Gluconate)	2mg	100%
Folic Acid (Vit B Conjugate)	400mcg	100%
Inositol	50mg	*
Magnesium (Citrate Gluconate Concentrate Ionic Trace Minerals)	300mg	50%
Manganese (Manganese Gluconate)	4mg	200%
Organic Selenium ethionine	200mcg	286%
Potassium (Potassium Gluconate)	250mg	12.5%
Vitamin A (Palmitate)	5000IU	100%
Vitamin A (Beta Carotene)	5000IU	100%
Vitamin B1 (Thiamine Mononitrate)	3mg	200%
Vitamin B12 (Methylcobalamin)	6mcg	100%
Vitamin B2 (Riboflavin)	3.4mg	200%
Vitamin B3 (Niacinamide)	40mg	200%
Vitamin B5 (Calcium Pantothenate)	20mg	200%
Vitamin B6 (Pyridoxine Hydrochloride)	4mg	200%
Vitamin C (Ascorbic Acid)	300mg	500%
Vitamin D (Cholecalciferol)	400IU	100%
Vitamin E (Alpha Tocopheryl Acetate)	60IU	200%
Vitamin K (Menaquinone)	80mcg	100%
Zinc (Oxide)	15mg	100%
Ionic Traceminerals	600mg	*
Phosphorus (Amino Acid Chelate)	190mg	19%
Biotin	300mcg	100%
Iodine (Potassium Iodide)	150mcg	100%
Boron (Sodium Borate)	1mg	*
Molybdenum	75mcg	100%
Chloride Concentrate (from Ionic Trace Minerals)	102mg	3%
Amino Acid Complex	10mg	*
Aloe Vera Extract (200:1)	2mg	*

Daily Value not established
In a liquid base of: Purified Water, Natural Vegetable Glycerine, Mixed Fruit Concentrate (Peach, Pear, Pineapple), Natural Flavors Blend, Xanthan Gum, Citric Acid, Potassium Sorbate (for freshness).
Allergen Info: GLUTEN FREE.

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Product Index A-Z Used in the Health Plans

Advanced Cellular Glutathione® Extra Strength Spray

- A Leading Glutathione Supplement Spray
- Aims To Increase Intracellular Glutathione By Over 10% In 7 Hours
- Sub Mucosal Absorption For Instant Bioavailability

SUPPLEMENT FACTS

Serving Size: 5 Spray
Servings Per Container: 75

Ingredients: N-Acetyl L-Cysteine (NAC, 2 Formulations), Acetyl L-Carnitine, L-Glutamine, L-Glutathione Tripeptides (Reduced, 2 Formulations), Alpha Lipoic Acid (R-Fraction), Milk Thistle Extract, Ascorbic Acid, Proprietary Herbal Extracts. Intra-oral Spray Dosage Guidelines

Maintenance Dose: Take 5 sprays by mouth 2 - 3 times daily
Higher Dose: Take 10 sprays by mouth 4 times daily.
Other Ingredients: Nano Distilled Water

Alpha Lipoic Acid-R

- Healthy Liver Function
- Healthy Pancreatic Function
- Blood Sugar Balance
- Immunity Function & Eye Health
- Improves The Effectiveness Of Other Supplements When Used As Part Of Your Daily Nutritional Regime

SUPPLEMENT FACTS

Serving Size: 2
Servings Per Container: 30

Ingredients	Amount Per Serving	%RDA*
Bio-enhanced® Na-RALA	200 mg	*

* Daily Value not established
Other Ingredients: Rice flour, Cellulose and water (vegetable capsule)

Altrient C Liposomal Vitamin C

- No Better Way To Orally Supplement Vitamin C, Guaranteed!
- Bioavailability Up To 98%
- High Potency Vitamin C, To Your Cells
- Shown To Help Firm Skin By 33%

SUPPLEMENT FACTS

Serving Size: 5.7ml
Servings Per Container: 30

Ingredients	Amount Per Serving	%RDA*
Vitamin C (as sodium ascorbate)	1000 mg	1,250%
Phospholipids	1000 mg	†
Of which phosphatidylcholine	500 mg	†
Phosphatidylethanolamine	144 mg	†
Phosphatidylinositol	24 mg	†

**Recommended Daily Allowance †RDA not established

Other Ingredients: Water, Sodium Ascorbate, Lecithin Phospholipids, Alcohol (12% w/w), Xanthum Gum, EDTA.

Ancient Minerals Magnesium Lotion Ultra With OptiMSM®

- Cellular Magnesium Levels
- Detoxification
- Aches And Pains
- Mood And Stress-Related Problems
- Healthy Skin Tissue

SUPPLEMENT FACTS

Directions For Use: Rub gently into the skin in concentrated form.

Suggested Use: For Hands, Face, and Body

Ingredients

Purified water
Genuine Zechstein™ Magnesium Chloride
Methylsulfonylmethane (MSM)
Organic vegetable glycerin
Organic simmondsia chinensis (jojoba) seed oil
Olive squalane
Cetearyl olivate
Sorbitan olivate
Organic cocos nucifera (coconut) oil
Glyceryl stearate
Cetyl alcohol
Organic butyrospermum parkii (shea butter)
Xanthan gum
Caprylhydroxamic acid
Caprylyl glycol
Sodium hyaluronate

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Product Index A-Z Used in the Health Plans

Ancient Minerals Magnesium Oil Spray ULTRA with OptiMSM®

- Improve The Uptake Of Magnesium Ions
- Enhance Cell Membrane Permeability
- Ease Inflammation In Pain Management
- Improve Joint Mobility

SUPPLEMENT FACTS

Directions For Use: Rub gently into the skin in concentrated form
Suggested Use: For Hands, Face, and Body

Ingredients

Purified water
Genuine Zechstein™ Magnesium Chloride
Methylsulfonylmethane (OptiMSM® from Bergstrom)

Other ingredients: other naturally ocurring trace minerals
Caution: Avoid direct contact with eyes and other sensitive areas.

Astaxanthin - Tremendous Promise For Health And Wellbeing

- Protection From Ultraviolet Light
- Immune System Function
- Energy Metabolism
- Fertility
- Healthy Eyes
- Suitable For Vegetarians

Now with DHA Oil!

SUPPLEMENT FACTS

Serving Size: 3 veg capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
DHA oil	180mg	*
AstaReal® Astaxanthin 10%	12 mg	*

*Daily Value not established

Other Ingredients: Sesame seed oil, vegetable cellulose (capsule) and vitamin E oil.

B4 Health Spray Sublingual Spray - Now Includes All B Vitamins!

- Healthy Homocysteine Levels
- Heart And Cardiovascular System
- Proper Vitamin B12 Absorption Through The Digestive Tract
- A Healthy Immune System

Benfotiamine - Fat Soluble Form Of Thiamine (Vitamin B1)

- Conversion Of Sugar Into Energy
- Enhanced Circulation
- Nervous System Health
- Normal Glucose Metabolic Pathways

SUPPLEMENT FACTS

Serving Size: 1 ml (approx 6 sprays)
Servings Per Container: 60 (approx 360 sprays)

Ingredients	Amount Per Serving	%Daily Value
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as D-alpha tocopherol)	30 IU	100%
Thiamin (Vit B1) (as Thiamin HCL)	30 IU	100%
Vitamin B3 (Niacinamide)	1.5mg	100%
Riboflavin (Vit B2) (as Riboflavin)	1.7mg	100%
Niacin (Vitamin B3) (Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine HCL)	2 mg	100%
Folate (as Folic acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid 10mg (Vit B5) (as D-Calcium Pantothenate)	10mg	100%
Magnesium (as Magnesium gluconate)	400 mgc	10%
Selenium (as Selenium amino acid chelate)	70 mcg	100%
Proprietary Complex Dimethylglycine, N-acetyl-D-glucosamine, Ribose, Taurine, Grapeseed extract, Pine bark extract, Co-enzyme Q10	63mg	*

*Daily Value not established

Other ingredients: De-ionised water, Glycerin, Aloe vera extract, Trace minerals, Stevia (leaf), Grapefruit seed extract, Potassium sorbate, Natural and artificial flavoring

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 120

Ingredients	Amount Per Serving	%RDA*
Thiamine Vitamin B1 (as thiamine HCl)	10mg	*
Benfotiamine	250mg	

* Daily Value not established

Other Ingredients: Vegetable cellulose (capsule), microcrystalline cellulose, dicalcium phosphate, rice flour, vegetable stearate, silica. Contains rice.

This product contains **NO** milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains **NO** sugar, and no artificial sweeteners, flavors, colors, or preservatives.

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BetaFactor™ - Beta 1, 3-D Glucan For Immune System Assistance

- Immune System Weakness
- Chronic Fatigue
- Hepatitis
- Long-Term Infections

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 60

Ingredients	Amount Per Serving	%RDA*
Beta 1,3-D Glucan (Purified)	350mg	*
Beta 1,4,6-D Glucan (Purifie)	150mg	*
Beta Glucans (Total)	500mg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose

BlockBuster AllClear™ - Is This The World's Most Powerful Enzyme Formula?

Now in Delayed Release Capsules And 80,000IU Serrapeptase Per Serving!

- Healthy Arteries And Cardiovascular System
- Healthy Blood Pressure And Circulatory System
- Healthy Lungs And Bronchial System
- Healthy Digestive System
- Healthy Eyes And Brain
- Healthy Aging

SUPPLEMENT FACTS

Serving Size 2 Capsules
Servings Per Container 60

Ingredients	Amount Per Serving	% DV
Serrapeptase	80,000 IU	*
Nattokinase*	1600 FU	*
Protease	20,000 HUT	*
Lipase	1500 FIP	*
Amylase	4000 DU	*
Cellulase	600 CU	*
Lactase	1000 ALU	*
Acerola extract	50mg	*
Amla extract	50mg	*
Olive Leaf "Citrus Blend"	230mg	*
Trace Minerals (Coral Calcium)	100mg	*
Bacillus Coagulans	376,000,000 CFU	*
Protease S	5mg	*
Grapeseed extract	100mg	*
Policosanol	6mg	*
Pycnogenol®	10mg	*

*Daily Value not established

Other Ingredients: Rice Bran, Hypromellose, Water, Gellan Gum (DR Capsule)

*Contains Nattokinase extracted from Soy.

BrainPower - Coconut Oil With Curcumin And DHA

- Normal Healthy Brain Function
- Normal Vision
- Healthy Blood Triglyceride Levels

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon
Servings Per Container: 28

Ingredients	Amount Per Serving	% DV
Coconut Oil	13g	*
Calories	120	*
Total Fat	14g	22%
Saturated Fat	12g	60%
Trans Fat	0g	*
Polyunsaturate Fa	1g	*
Monounsaturated Fat	1g	*
Cholesterol	0g	0%
Sodium	0g	0%
Total Carbohydrate	0g	0%
Protein	0g	0%
Curcumin (Curcuma Longa)	600mg	*
DHA (Docosahexaenoic acid)	300mg	*
Bioperine (Piper Negrum)	5mg	*

*Daily Value not established
Other Ingredients: None

Brazilian Graviola

- Clears Unhealthy Cells
- Cleanses And Supports The Liver
- Reduces Catarrh
- Relieves Asthma
- Improves Digestion

SUPPLEMENT FACTS

Serving Size: 1 Vegetable Capsule
Servings Per Container: 60

Ingredients	Amount Per Serving	%RDA*
Graviola leaf extract (Annona muricata)	250mg	*

* Daily Value not established

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Product Index A-Z Used in the Health Plans

Calcium, Magnesium and Potassium Plus™ - Enzyme Formulation With Vitamin D3

- Osteoporosis
- Cramps, Spasms
- Insomnia
- Edema
- Depression
- Use As Part Of A Full Nutritional Regime

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
D-3 (Cholecalciferol)	800IU	40%
Calcium (as calcium citrate)	250 mg	25%
Magnesium (as magnesium citrate)	125 mg	31%
Potassium (as potassium citrate)	99 mg	3%
Epicor (dried yeast fermentate)	500 mg	*
Protease	6,300 HUT	*
Amylase	600 SKB	*
Lipase	6.5 FIP	*
Cellulase	45 CU	*
Malt Diastase	16 DP°	*
Invertase	40 Sumner	*
Lactase	75 ALU	*
Pectinase	4 endoPGU	*
Alpha Galactosidase	23 GAL	*

*Daily Value not established

Other Ingredients: Vegetarian capsule (Hydroxypropylmethylcellulose and water), Microcrystalline cellulose, calcium coprylate and L-Leucine

This product contains NO yeast, wheat gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Can-C NAC Eye Drops

- Prevent & Redress Developing Cataracts
- Support Healthy Corneas
- And Much More, As Part Of A Healthy Nutritional & Treatment Regime

ACTIVE INGREDIANTS

2 x 5ml bottles

Ingredients

N-Acetyl-Carnosine (NAC) 1%
Glycerin (lubricant) 1%
Carboxymethylcellulose sodium (lubricant) 0.3%

* Daily Value not established

Other Ingredients: Boric acid and potassium bicarbonate (buffer), Sterile water (ophthalmic grade isotonic solution, pH 6.3 to 6.5), and Purified benzyl alcohol (preservative) 0.3%

Cinnamon 27™

- Normal Blood Sugar Levels
- Normal Utilization Of Insulin
- Use As Part Of A Whole Health Regime

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 81

Ingredients	Amount Per Serving	%Daily Value
Calcium (from coral)	107 mg	10,7%
Chromium (as polinicolinate)	150 mcg	1429%

Proprietary Blend
Cinnamon bark extract (Ceylon), Gymnema sylvestra extract, Bitter melon extract, Fenugreek seed extract, Coral minerals, American Ginbeng root extract, Nopal cactus (pricky pear) extract and Cinnamon powder.....*

*Daily Value not established

Other Ingredients: Vegetable capsule contains purified water and vegetable cellulose

Curcuminx4000™

- Increased Antioxidant Capacity
- Natural Anti-Inflammatory Properties
- May Help The Digestive System, Liver, & Gallbladder
- May Help Normal Eye Health
- Consumed As Part Of Your Healthy Daily Nutrition

SUPPLEMENT FACTS

Serving Size: 3
Servings Per Container: 60

Ingredients	Amount Per Serving	%Daily Value
Meriva® (root) Curcuma longa extract	600mg	*

*Daily Value not established

Other ingredients: Microcrystalline Cellulose, Cellulose and Water (vegetable capsule)

The carrier that makes Meriva® a more bioavailable product is Lecithin from Soy (non GMO). There are no Soy proteins contained in this product.

If you have allergies to soy, please consult your healthcare professional before use.

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D-RibosePlus™

A Critical Part of ATP Production - An Essential Energy Source

- Energy Recovery From Sport, ME, CFS, Or Fibromyalgia
- Energy Reserves From Stress And Overwork
- Formation Of ATP For Heart And Muscle Health
- Healthy Lung Function

SUPPLEMENT FACTS

Serving Size: 1 scoop (5.3 g or 7.5 cc) or 1.5 teaspoons
Servings Per Container: 60

Ingredients	Amount Per Serving	%Daily Value
Magnesium (from Magnesium Malate)	60 mg	15%
D-Ribose Powder	5000 mg	*
Malic Acid	240 mg	*

*Daily Value not established

Contains No Other Ingredients.

Caution: Silica bag enclosed to reduce moisture. Do not swallow.

D.I.P. Daily Immune Protection™

New Improved Formula

- The Body's Natural Protection Against Infection
- Immune System Response To Allergens
- Strong Healthy Cell Growth

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Ingredient	Amount Per Serving	%Daily Value
Vitamin C (from Ascorbic Acid)	120 mg	199%
Vitamin D3 (from Cholecalciferol)	1000 IU	250%
ExSelen (2% Selenium)	100 mcg	143%
Zinc Glycinate Chelate 20%	5 mg	33%
Epicor (dried yeast fermentate)	500 mg	*
Dimethylglycine HCL	250 mg	*
Elderberry Fruit Extract 4:1	200 mg	*
Larch Arabinogalactan Powder	200 mg	*
Immune Assist - Micron Powder	80 mg	*
Beta Glucan 1,3 (Glucan 85%)	60 mg	*

*Daily Value not established

Other Ingredients: Vegetable cellulose (capsule), Medium chain triglycerides and Rice bran

Derma Q-Gel®

Co-Q10 Wrinkle Defence Cream

- 100% Natural
- Ubiquinol CoQ10 Day Cream
- Dual Peptide Complexes
- Retinyl Palmitate
- No Harsh Exfoliants
- Healthy Nutrients To Energize Skin

SUPPLEMENT FACTS

Ingredients

Aqua (Water)
Caprylic/Capric Triglyceride
Stearic Acid
Glycerin
C12-15 Alkyl Ethylhexaonate
Dimethicone
Glyceryl Stearate
PEG-100 Stearate
Cetyl Alcoho
Butylene Glycol
Polysorbate 20
Palmitoyl Oligopeptide
dgdfg
Palmitoyl Tetrapeptide-7
Polysorbate-80
Medium Chain Triglycerides
Ascorbyl Palmitate
Ubiquinol (Q-Nol®)
Sorbitan Monooleate
Glycerin
Soy Lecithin
Alpha Lipoic Acid
Vitamin K1 (Phytonadione)
Retinyl Palmitate (Vitamin A)
Vitamin D3 (Cholecalciferol)
Vitamin E Acetate
Vitamin E (D-Alpha Tocopherol) & Mixed Tocopherols
Oil of Evening Primrose
Oil of Borage
Jojoba Oil
Biotin
DL-Panthenol
Sweet Almond Oil
Tocotrienols Complex
Avocado Sterols
Biophilic-H
Pro-Lipo-H
Phosphatidyl Choline
Aloe Barbadensis Leaf Juice
Aleurites Moluccana Seed Oil
Avena Sativa (Oat) Kernal Extract
Citrus Grandis (Grapefruit) Fruit Extract
Persea Gratissima (Avocado) Oil
Simmondsia Chinensis (Jojoba) Seed Oil
Carbomer
Potassium Hydroxide
1,2-Hexanediol
Caprylyl Glycol
Phenoxyethanol
Sorbic Acid
Fragrance

Paraben-Free

Essential Digestive Plus™

New Improved Formula With FrutaFit® Inulin

- Healthy Digestion With Enzyme Replacement
- Healthy Bifidobacterium Growth With Inulin
- Absorption And Synthesis Of Essential Vitamins And Minerals
- Promotes A Balanced Gut Flora Composition And Colonic Function
- Relief From Food Allergies & Indigestion
- Use As Part Of A Healthy Diet & Lifestyle

SUPPLEMENT FACTS

Serving Size - 1 Capsule
Servings Per Container: 60

Ingredients	Amount Per Serving	% DV
FrutaFit® IQ Inulin	150 mg	*
Protease 3.0	8,180 HUT	*
Peptidase	125 DPPIV	*
Protease SP Blend	85,000 HUT	*
Amylase	8,000 DU	*
Alpha Galactosidase	300 GaLU	*
Glucoamylase	20 AGU	*
Lactase	1,000 ALU	*
Cellulase	600 CU	*
Invertase	1,603 SU	*
Pectinase	55 endo PGU	*
Lipase	1,350 FIP	*

Daily Value not established

Other Ingredients: Cellulose and Water (Vegetable Capsule) Medium chain triglycerides

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Gastro Enzyme Therapy For The Digestive Tract

- Ulcers
- Colitis
- Heartburn
- Gastritis
- Duodenal Ulcers
- Use As Part Of A Nutritional Treatment Plan

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
Marshmallow Root (Althaea Officinalis)	300 mg	*
Northern Prickly-Ash Bark (Zanthoxylum Americanum)	225 mg	*
Papaya Leaf (Carica Papaya)	225 mg	*
Glucosamine Hydrochloride	200 mg	*
Gotu Kola Herb (Centella Asiatica)	50 mg	*
Aloe Vera Gel Dried Powder 200:1	180 mg	*
Amylase	10,000 SKB	*
Lipase	15 FIP	*
Cellulase	375 CU	*
Invertase	525 Sumner	*
Malt Diatase	188 DP°	*
Lactase	375 ALU	*

*Daily Value not established

Other Ingredients: Vegetarian Capsule (Hydroxypropylmethylcellulose and water) cellulose and L-Leucine

This product contains NO yeast, wheat, gluten, milk/dairy, corn, sodium, sugar, starch, artificial colouring, preservatives or flavouring.

Ginkgo Biloba Extra High Strength

- Memory
- Elasticity Of Blood Vessels & Better Blood Flow
- Delivery Of Oxygen And Glucose To Nerve Cells
- Use As Part Of A Daily Health Regime

SUPPLEMENT FACTS

Serving Size: 1 Tablet
Servings Per Container: 180

Ingredients	Amount Per Serving	%Daily Value
Ginkgo Biloba Leaves (provided by 120mg of 50:1 extract)	6000mg	*
providing Flavonglycosides	28.8 mg	*
Ginkgolides A, B and C and Bilobalide	7.2 mg	*

*Daily Value not established

Other Ingredients: Dicalcium Phosphate, Cellulose, Silicon Dioxide, Tablet Coating (Hydroxypropyl Methylcellulose), Glycerin, Stearic Acid, Magnesium Stearate.

Suitable for Vegetarians

Glucosamine Chondroitin MSM Plus™ with MSM And Collagen

- Joint & Connective Tissue Health
- Cartilage Repair
- Respiratory Dysfunction
- Muscle Spasms

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
MSM (methylsulfonymethane) OptiMSM®	700 mg	*
Chondroitin Sulfate	400 mg	*
Glucosamine Sulfate	300 mg	*
Glucosamine Hydrochloride	200 mg	*
Collagen (type II) Kolla II™	50 mg	*
Protease	20,500 HUT	*
Amylase	2,000 SKB	*
Lipase	22 FIP	*
Cellulase	150 CU	*
Malt Diastase	53 DP°	*
Invertase	131 Sumner	*
Lactase	250 ALU	*
Pectinase	13 endo PGU	*
Alpha Galactosidase	75 GAL	*

*Daily Value not established

Other Ingredients: Vegetarian capsule (hydroxypropylmethylcellulose and water), rice flour and L-Leucine. Contains shrimp and crab products.

GlycoBoost

- Cognitive Health
- Healthy Joints & Muscles
- Positive Mood
- Sound, Healthy Sleep
- Skin
- Better Memory
- Healthy Digestive Tract
- Less Side Effects From Chemotherapy
- Use As Part Of A Daily Health Plan

SUPPLEMENT FACTS

Serving size: 1 scoop (5cc) (contains 3.56 gms)
Servings per container: 30

Ingredients	Amount Per Serving	%Daily Value
Proprietary Blend	3.56 gms	*
L-Glutamine Powder		*
Aloe Vera Whole Leaf Powder Extract		*

*Daily Value not established

Other Ingredients: Natural Citrus Powder, Natural Flavours and Stevia Extract Powder 200:1

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GlycoSpray - 900% Better Absorption Than Capsules Or Tablets

- Normalizes Blood Levels
- May Assist Regeneration Of Pancreatic B Cells
- May Stimulate The Natural Production Of Insulin
- Use As Part Of A Daily Health Regime
- Comes In A Convenient Sublingual Spray

SUPPLEMENT FACTS

Serving Size: 1ml (approx 6 Sprays)
Servings Per Container: 30 (approx 180 sprays)

Ingredients	Amount Per Serving	% DV
Vitamin B3 (Niacin)	5.0 mg	*
Chromium	1000 mcg	*
Gynema Sylvestre	10.0 mg	*
Methylsulfonylmethane	3.0 mg	*
Boron Chelate	2.0 mg	*
Vanadyl Sulfate	10 mcg	*

*Daily Value not established

Other Ingredients: deionized water, vegetable glycerin, aloe vera, trace minerals, natural flavors, stevia, grapefruit seed extract, potassium sorbate

Suggested Use: As a dietary supplement, 6 sprays (in the mouth) once a day, or, for greater benefit, 3 sprays, 2 times a day, or as directed by your health care professional.

HartGard™ - Sublingual Drops With Hawthorn Berry Extract

- Normal Healthy Heart Function
- Cardiovascular Health
- Protection Against Strokes
- Healthy Blood Pressure
- Antioxidant Benefits
- Use As Part Of An Overall Health Regime

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15ml)
Servings Per Container: 33

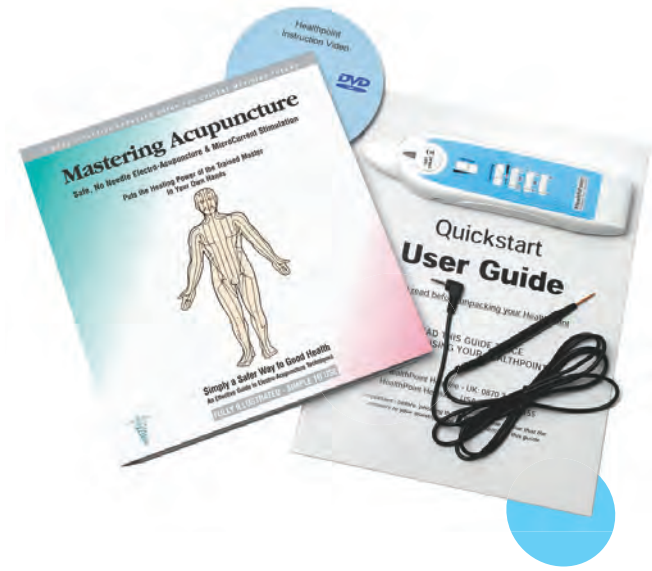
Ingredients	Amount Per Serving	% DV
Coleus Forskohlii Extract	6.25 mg	*
Hawthorn Berry Extract	6.25 mg	*
Gingko Biloba (24% Extract)	3.75 mg	*
Lutein	1.25 mg	*
Zeaxanthin	0.02 mg	*

*Daily Value not established

Other Ingredients: Purified water, glycerine, stevia, stearic acid, polysorbate, vitamin E, natural flavoring

Health Point™ Kit - Enables You To Become A Master Of Acupressure, Without Needles

- Locate Acupuncture Points Accurately
- Stimulate Those Points Effectively
- Help Over 160 Conditions
- Including Most Eye Conditions
- Find Relief For Stress And Anxiety



Healthy Flow - New Powerful Blend Of Essential Amino Acids: L-Arginine, L-Citrulline and L-Lysine

- Normal Healthy Blood Flow
- Cardio System
- Blood Pressure
- Male Fertility
- Kidneys
- Use As Part Of Your Daily Health Regime

SUPPLEMENT FACTS

Serving Size - 1 scoop (11.46 gms) or 1 Tablespoon
Servings Per Container: 30

Ingredients	Amount Per Serving	% DV
L-Arginine	5.000 mg	*
L-Lysine	1.500 mg	*
L-Citrulline	200 mg	*
Grapessed Extract 95%	150 mg	*
AstraGin™ (contains Astraglaus membrenaceus and Panax notoginseng)	50mg	*
Grape Skin Extract 4:1 (Polyphenols)	25 mg	*
Proprietary Blend		
Citric Acid		
BeFlora		
Potassium Sorbate		
Silica	3840 mg	*

Daily Value not established

Other Ingredients: Natural Flavouring and Stevia Extract 200:1

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HemaGel®

- Many Types Of Skin Trauma
- Surgical Wounds
- Burns and Blisters
- Venous And Arterial Ulcers
- With Free Radical Binding Technology

CONTENTS

Hemagel® 5gm

Hemagel is hydrophilic methacrylate gel on the base of reticulated copolymer 2-hydroxyethylmethalcrylate containing polymerly fixed and stericly shielded amino groups. It was developed by the Institute of Macromolecular Chemistry of Academy of Sciences of the Czech Republic

Hemp Seed Oil - The King of Oils, A Perfect Balance Of Omega 3-6-9

- Cell Growth
- Organ Function
- Promotes A Positive Mental State
- Healthy Immune System Function
- Use As Part Of Your Daily Health Regime

SUPPLEMENT FACTS

Serving Size: 1 Tablespoon (15ml)
Servings Per Container: 33

Ingredients	Amount Per Serving	% DV
Calories	120 (500 kJ)	*
Calories from Fat	120 (500kJ)	*
Total Fat	14g	22%
Saturated	1.0 g	5%
Trans	0.0 g	*
Polyunsaturated	10.0g	*
Omega-6	8.0 g	*
Omega-3	2.5 g	*
Monosaturates	1.5 g	*
Cholesterol	0.0 g	*
Sodium	0.0 g	0%
Potassium	0.0 g	0%
Carbohydrate	0.0 g	0%
Dietary Fibre	0.0 g	0%
Soluble Fibre	0.0 g	0%
Insoluble Fibre	0.0 g	0%
Sugar	0.0 g	0%
Protein	0.0 g	*
Vitamin A		0%
Vitamin C		0%
Calcium	0.0 g	0%
Iron		0%
Vitamin E 1.4IU	0.92 mg	4%

*Based on 2000 calorie diet.

Hydrosol™ Silver Spray

- New Improved Formula
- Doctor Recommended
- May Help Boost Immune System
- May Help Reduce Fatigue
- Most Researched Silver Supplement On The Market
- For The Whole Family
- No Known Harmful Side Effects

SUPPLEMENT FACTS

Serving Size: 5ml - 10 sprays
Servings Per Container Approx: 24

Ingredients	Amount Per Serving	% DV
Purified Silver	50mcg	*

*Daily Value not established

Other ingredients: Deionized Water. Contains no artificial ingredients, preservatives or additives.

HySorbQ10™
Antioxidant Protection And Support

- Maintain Healthy Blood Pressure
- Clean The Bloodstream
- Guard Against The Causes Of Heart Disease
- Use As Part Of A Full Health Regime
- Suitable For Vegetarians
- One Of The Most Important Enzymes For The Body

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 60

Ingredients	Amount Per Serving	% DV
CoEnzyme Q10 (hydroQsorb®)*	50mg	*

*Note as this is up to 4 times more absorbable it is equivalent to taking 200mg of ordinary CoQ10

*Daily Value not established

Other ingredients: Microcrystalline cellulose and Medium chain fatty acids.

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Product Index A-Z Used in the Health Plans

Joint & Skin Matrix™

- Skin And Joint Collagens (I, II & III)
- Improved Skin Hydration (By Up To 76%)
- Reduced Fine Lines And Wrinkles
- Joint Comfort And Mobility

SUPPLEMENT FACTS

Serving Size: 4 Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
Blocell Collagen™	2000 mg	*
Hydrolysed Collagen Type II	1200 mg	*
Chondroitin Sulfate	400 mg	*
Hyaluronic Acid	2000 mg	*

*Daily Value not established

Other Ingredients: Water and up to 34% Alcohol

Kidney Rescue™

A Powerful Herbal Blend To Aid In Cleansing & Supporting The Kidneys

- Reproductive Health
- The Lymphatic System
- Healthy Blood Pressure
- Ligaments & Joints
- Adrenal Glands
- Powerful Cleansing
- Possibly One Of The Most Powerful Blends Available

SUPPLEMENT FACTS

Serving Size: 2-5 Tablets, 5 times per day, 6 days per week
Servings Per Container: 90

Ingredients	Amount Per Serving	% DV
Proprietary Blend:	1455mg	25%
Cinnamon Bark		
Cedar Leaves		
Lycci Fructus		
Wild Rose Root		
Fenugreek Seed		
Holy Basil Powder		
Borage Leaves		
Damiana Leaf		
Red Raspberry Leaf		
Cloves Powder		
Pygeum Bark		
Cayenne		

*Daily Value not established

Other ingredients: Microcrystalline cellulose and Medium chain fatty acids.

L-Carnitine - Plus CoQ10 Capsules

- Increase Energy
- Burn Fat
- Support Normal Heart And Liver Health
- Fight Free Radicals
- Use As Part Of A Healthy Dietary & Exercise Regime

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	% DV
L-Carnitine (I-Carnitine Fumarate)	500 mg	*
Coenzyme Q-10 (ubidecarenone USP, as HydroQsorb® 100% water soluble CoQ10)	100 mg	*

*Daily Value not established

Other ingredients: Microcrystalline cellulose and Medium chain fatty acids.

Lithium Balance

Safe & Natural Anti-Depressant Properties, And More!

- Healthy Brain Chemical Responses
- Balanced Mood
- Anti-Aging Nutrition For The Brain

SUPPLEMENT FACTS

Serving Size: 2 tablets
Serving Per Container: 100

Ingredients	Amount Per Serving	% DV
Lithium Oratate (provides 10mg elemental Lithium)	250mg	*

*Daily Value not established

Other ingredients: Microcrystalline cellulose and Medium chain fatty acids.

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Product Index A-Z Used in the Health Plans

Liver Balance Plus™
A Powerful Herbal Formula

- Reproductive Health
- Emotional Balance
- Proper Gland Function
- Healthy Connective Tissue & Joints
- Use As Part Of A Healthy Diet & Lifestyle

SUPPLEMENT FACTS

Serving Size: 3 Tablets
Servings Per Container: 40

Ingredients	Amount Per Serving	%Daily Value
Proprietary Blend of: Bupleurum Root Dong Quai Root Tribulus Terrestris Fruit Dandelion Root Atractylodes Root Peony Root Ginger Root Poria Cocos Selerotium Root Licorice Root Chinese Mint Leaf Hyssop Leaf Chamaelirum Luteum Root Cayenne Fruit	1170 g	*

*Daily Value not established

Other Ingredients: Diccalium Phosphate Dihydrate, Stearic Acid, Croscamellose, Silicon Dioxide, Magnesium Stereate.

CONTAINS NO: YEAST, SOY, SUGARS, STARCH, COLORINGS, DYES OR FLAVORINGS.

MacaProXP® Platinum

- Promote Mental Clarity
- Enhance Memory
- Relieve Some Symptoms Of Chronic Fatigue
- Immune System Function
- Use As Part Of A Daily Health Regime

SUPPLEMENT FACTS

Serving Size: 1 Teaspoon (3ml)
Servings Per Container: 40

Ingredients	Amount Per Serving	%Daily Value
Maca Extract	1140mg	*

*Daily Value not established

Other Ingredients: Water and up to 34% Alcohol

Magnetic Clay Bath

Specializing In Helping To Detox Metals And Chemicals

- Baths Can Be Used By Children And The Elderly
- Clay And Formula Ingredients Are All-Natural
- Our Clay Formulas Have No Emulsifiers Or Chemical Additives
- No Other Clay Has As Much Natural "Pulling Power" As LL's Magnetic Clay

CONTENTS

Each Kit contains 2.5kg of specially formulated 100% natural raw healing clay and botanicals, enough for 8-10 baths.

This formula is free of all herbs and spices for more sensitive skins.

MaxiFocus™

24 Nutrient Sublingual Spray

Nutritional Aid For The Eyes - Now In A Liposomal Delivery For Even Better Absorption!

- Healthy Eyes & Brain
- 24 Super Nutrients And Antioxidants
- Contains Nutrients In ARED's Formula
- Delivers Vitamin-D3 - 3,600IU Tablet Equivalent

SUPPLEMENT FACTS

Serving Size: 2ml (approx 10 Sprays)
Servings Per Container: Approx. 30

Ingredients	Amount Per Serving	% DV
Calories	5	**
Vitamin A (as retinyl palmitate)	5000 IU	100%
Vitamin D (as colecalciferol)	400 IU	100%
Vitamin E (as tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin HCl)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	5.0 mg	25%
Vitamin B6 (as pyridoxine HCL)	2.0 mg	100%
Folic Acid	200 mcg	50%
Vitamin B12 (as methylcobalamin)	6 mcg	100%
Biotin	150 mcg	50%
Pantothenic acid (as calcium pantothenate)	10 mg	100%
Iodine (as potassium iodide)	152 mc	101%
Magnesium (as magnesium citrate)	3.0 mg	<2%
Zinc (as zinc citrate)	5.0 mg	33%
Selenium (as sodium selenite)	55 mcg	79%
Copper (as copper aspartate)	0,45 mg	<1%
Chromium (as chromium niacinate)	30 mcg	25%
Phosphatidylserine Extract	20 mc	25%
Trimethylglycine	20 mg	**
Lutein Extract	10.0 mg	**
L-Taurine	5.0mg	**
Bilberry Extract	5.0 mg	**
Optisharp® (Zeaxanthin extract)	2.5 mg	**
Ginkgo Biloba Extract	1.0 mg	**
Liposome Proprietary Blend: Phosphatidylcholine (from non GMO sunflower oil) glycerin complex, non GMO oleic acid	200 mg	**

*Daily Value not established
**Percentage daily values are based on 2000 caloried diet

Other Ingredients: purified water, natural flavors, citric acid, guar gum, xanthan gum, stevia extract and potassium sorbate.

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Product Index A-Z Used in the Health Plans

MaxiVision
Complete Antioxidant Nutrition

- Additional Nutritional Support For The Eyes
- Improved Eye Aging
- Healthy Antioxidant Function
- Contains Full ARED's Formula

SUPPLEMENT FACTS

Serving Size: 4 Vegetarian Capsules
Servings Per Container: 30

Ingredients	Per Serving 2 capules		Per Serving 4 capules	
	Amount	%DV	Amount	%DV
Vitamin A	1250 IU	25%	2500 IU	50%
Vitamin C	250 mg	417%	500 mg	833%
Vitamin D3	600 IU	150%	1200 IU	300%
Vitamin E	200 IU	667%	400 IU	1333%
Thiamin	5 mg	333%	10 mg	667%
Riboflavin	5 mg	294%	10 mg	586%
Niacin	20 mg	100%	40 mg	200%
Vitamin B6	5 mg	250%	10 mg	500%
Folate	150 mg	38%	300 mcg	75%
Vitamin B12	50 mcg	833%	100 mcg	1667%
Biotin	150 mcg	50%	300 mcg	100%
Pantothenic Acid	10 mg	100%	20 mg	200%
Calcium	22,5 mg	2%	45 mg	4%
Iodine	75 mg	50%	150 mg	100%
Magnesium	50 mg	13%	100 mg	26%
Zinc	12,5 mg	83%	25 mg	167%
Selenium	35 mcg	50%	70 mg	100%
Copper	0,8 mg	40%	1,6 mg	80%
Manganese	1 mg	50%	2 mg	100%
Chromium	25 mcg	21%	50 mcg	42%
Molybdenum	25 mcg	33%	50 mcg	67%
Potassium	40 mg	1%	80 mg	2%
Lutein (contains FloraGLO®)	10 mg	*	20 mg	*
Zeaxanthin	2 mg	*	4 mg	*
Lycopene	0,5 mg	*	1 mg	*
Taurine (as L-taurine base)	205 mg	*	410 mg	*
Bilberry Extract, powdered fruit	150 mg	*	300 mg	*
Proprietary Blend	142,5 mg	*	285 mg	*
N-acetyl-L-cysteine		*		*
Acetyl-L-carnitine		*		*
Alpha Lipoic Acid		*		*
Coenzyme Q10 (ubiquinone)		*		*
Quercetin		*		*
Resveratrol		*		*

*Daily Value not established

Other Ingredients: Vegetable Capsule, Titanium Dioxide for capsule color only.

MSM + Silver™ Drops - Now With N-Acetyl Carnosine And Hydrosol Silver!

- Soften Tough, Leathery Tissue
- Equalise Pressure
- Repair Damaged Membranes
- Includes Hydrosol Silver 10ppm
- Help Remove Floaters
- Protect Structural Lens Proteins From Free Radical Damage
- Use As Part Of A 'Whole' Nutritional Regime And Healthy Lifestyle

SUPPLEMENT FACTS

Serving Size: 2 drop (approx 0.1ml)
Servings Per Container: approx 300

Ingredients	Amount Per Serving	%Daily Value
Proprietary Blend	0.4 mg	*
OptiMSM®		*
Hydrosol Silver (10 ppm)		*
N-Acetyl-L-Carnoisine		*
Colidial Zinc (10 ppm)		*

*Daily Value not established

Other Ingredients: Purified water

Nascent Iodine

- Normal Thyroid Function
- Immune System Responses
- General Energy Levels
- Detoxification
- Metabolism
- And Much More, As Part Of Your Full Daily Nutritional Regime

SUPPLEMENT FACTS

Serving Size: 1 drop
Servings Per Container: 600

Ingredients	Amount Per Serving	%Daily Value
Iodine (in atomic form) 2% iodine by weight	400 mcg	*

*Percentage Daily Value are based on a 2000 calorie diet

Other Ingredients: Nascent iodine in a base of Demeter certyfield Bio Dynamic grape alcohol.

Recommended: Take on an empty stomach 30 minutes before or 1 hour after meals, medications and/or supplements.

Warning: Taking Nascent Iodine in the afternoon could raise your energy levels and keep you awake at night. It is recommended to take your serving before breakfast, before lunch, and then again before 4 PM. It is not recommended to take your serving after 4 PM.

NatraGest™ Natural Progesterone Cream - Regulation of Hormonal System

- Hormonal Regulation, Including Thyroid
- PMS
- Menopausal Symptoms
- Circulatory Health
- Female Health
- Osteoporosis
- Healthy Blood Sugar Levels
- And More, As Part Of A Healthy Daily Regime

SUPPLEMENT FACTS

Serving Size: Apply 1/4 to 1/2 teaspoon to skin per day
Amount Per Container: 56 grams

Ingredients	Amount Per Serving	%Daily Value
Progesterone (1.6% by weight)	20 - 40 mg	*

Other Ingredients for Natural Herbal Base

Aloe Vera Extract in Distilled Water - with Catalyst Altered Normalizer
Octyl Palmitate
Tocopheryl Acetate (vitamin E)
Glycerin
Stearic Acid
Glyceryl Stearate
PEG-100 Stearate
Natural Wild Yam Extract
Cetyl Alcohol
Oleic Acid
Hazel Nut Oil
Grape Seed Oil
Panthenol
Grape Seed Extract
Triethanolamine
Sodium Hyaluronate
Carbomer
Potassium Sorbate
Methylparaben
Phenoxyethanol
Fragrance

*Daily Value not established

Natural progesterone cream in a natural herbal base, containing 506 mg. of progesterone per ounce.

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Nattokinase Delayed Release Capsules - A Potent Fibrinolytic Enzyme

- Normalised Fibrin, Which Leads To Smoother Blood Flow
- Normal Blood Pressure Levels
- More Efficient Circulation, Especially When Sitting For Long Periods

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 90

Ingredients	Amount Per Serving	% DV
Nattokinase (fibronolytic units) enzyme activity	2,000 FU	*
Rutin	25mg	*

*Daily Value not established

Other Ingredients: Rice Bran, hypromellose, water and gellan gum (DR capsule). CONTAINS: SOY

Naturally Better Vitamin E

- Hair Growth
- Stroke-Induced Injury Recovery
- Alzheimer's Disease
- Non-Alcoholic Fatty Liver Disease (NAFLD)
- Cardio Protection - Arterial Compliance
- Cholesterol Reduction
- Immune Function
- Improved Skin Characteristics

SUPPLEMENT FACTS

Serving Size: 1 veg capsule
Servings Per Container: 60

Ingredients	Amount Per Serving	DV%
Total d-Mixed-Tocotrienols (Tocomin*)	20mg	*
d-Alpha-Tocotrienol	6.15mg	*
d-Beta-Tocotrienol	1.15mg	*
d-Gamma-Tocotrienol	9.18mg	*
d-Delta-Tocotrienol	3.52mg	*
Vitamin E Activity, IU (d-Alpha-Tocopherol)	8.06mg	*
Plant Squalene	4.92mg	*
Phytosterol	1.72mg	*

* Daily Value not established

Other Ingredients: RicSolubles Powder, Vegetable Cellulose, Rice Bran and Medium Chain Triglycerides.

Ocular Spray™
For Eye Health Support

- Glaucoma & Other Eye Disorders
- Low Thyroid Function
- Neurological Disorders

SUPPLEMENT FACTS

Serving Size: 1ml (6 sprays)
Servings Per Container: 30

Ingredients	Amount Per Serving	DV%
Vitamin C (as ascorbic acid)	30.0mg	50%
Niacin (as niacinamide)	5.0 mg	25%
Zinc (as zinc gluconate)	1.5mg	10%
Proprietary Complax Blend	50.0mg	*

Lutein 5% with Zeaxanthin, MSM, L-Taurine, Alpha Lipoic Acid, and water extracts of Coleus Forskohlii, Tylophora Asthmatica Extract, Quercertin, Rutin, Ginkgo Biloba Extract and Bilberry Extract.

* Daily Value not established
* Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Deionized Water, Glycerin, Aloe vera extract, Trace minerals, Stevia (leaf) extract, Grapefruit seed extract, and Potassium sorbate (to preserve freshness).

Olive Leaf Extract™

- Flu
- Viruses
- Bacteria
- Fungal Infections
- Parasites

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 90

Ingredients	Amount Per Serving	DV%
OlivFactor Olive Leaf Extract Standardized 20% Oleuropein	500mg	*
Naringin	25mg	*

* Daily Value not established

Other Ingredients: vegetable cellulose, rice flour, magnesium stearate

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Product Index A-Z Used in the Health Plans

Organic Colloidal Minerals™

- Better Absorption Of Nutrients From Supplements And Food
- Improved Energy Levels
- More Sound And Restful Sleep
- The Relief Of Aches And Pains

SUPPLEMENT FACTS

Serving Size: 2 Capsules (200mg)
Servings Per Container: Approx 30

Ingredients	Amount Per Serving	% Daily Value
Sodium Thiocyanate	1	*
Sodium Hypothiocyanate	0	*
Total Fat	0g	<1%
Saturated Fat	0g	0%
Total Carbohydrates	0g	<1%
Sugars	0g	0%
Protein	2mg	<1%

*Percentage Daily Value are based on a 2000 calorie diet

Other Ingredients: 77 liquid trace minerals & elements, Electrolytes and 18 amino acids, in purified water from the worlds richest source of fulvic minerals, including Magnesium, Selenium, Copper, Chromium, Silver and more.

SUPPLEMENT FACTS

Serving Size: 15 Drops
Servings Per Container: Approx. 60

Ingredients	Amount Per Serving	% Daily Value
Sodium Thiocyanate	1	*
Sodium Hypothiocyanate	0	*
Total Fat	0g	<1%
Saturated Fat	0g	0%
Total Carbohydrates	0g	<1%
Sugars	0g	0%
Protein	0.7mg	<1%

*Percentage Daily Value are based on a 2000 calorie diet

Other Ingredients: 77 liquid trace minerals & elements, Electrolytes and18 amino acids, in purified water from the worlds richest source of fulvic minerals, including Magnesium, Selenium, Copper, Chromium, Silver and more.

Organic Virgin Coconut Oil

- Made From Certified Organic Coconuts
- Rich In Lauric-Acid With Strong Anti-Microbial Properties
- Abundant In Medium-Chain Fatty Acids
- May Support Healthy Thyroid Function & Proper Weight Management
- May Promote Smooth And Supple Skin
- Can Be Used In Place Of Other Oils & Butter

SUPPLEMENT FACTS

Serving size: 460g
Container: Plastic tub with screw-top lid

Storage: Store in a dry cool place

Shelf life: Two years

OxySorb™
Oxygen In A Bottle

- Allows The Body To Absorb More Oxygen With Each Breath
- Supports The Immune System
- Supports Lung Health
- Combats Altitude Sickness

SUPPLEMENT FACTS

Serving Size: 20 sprays (0.8 ml)
Servings Per Container: 75

Ingredients	Amount Per Serving	% DV
Proprietary blend	16.6 mg	*
-- Tris Amino		
-- Norwegian Seaweed extract		
-- Citric Acid		
-- Natural Kiwi Flavor		

*Daily Value not established

Other Ingredients: purified water, natural coloring, alcohol, potassium sorbate

PurO3 Ozonated Organic Olive Oil

- Blemishes
- Age Spots, Wrinkles And Fine Lines
- Minor Skin Irritations
- Redness
- Bug Bites
- Great For Pets Too!

SUPPLEMENT FACTS

PurO3 Ozonated Organic Olive Oil
Amount Per Container: 59ml (2fl oz)

Ingredients
Olea europaea (olive) oil*
Activated oxygen (ozone)

* Organic

SUPPLEMENT FACTS

PurO3 Ozonated Organic Olive Oil With Lavender
Amount Per Container: 59ml (2fl oz)

Ingredients
Olea europaea (olive) oil*
Activated oxygen (ozone)
Lavandula angustifolia (lavender) oil*

* Organic

SUPPLEMENT FACTS

PurO3 Ozonated Organic Olive Oil With Lemongrass
Amount Per Container: 59ml (2fl oz)

Ingredients
Olea europaea (olive) oil*
Activated oxygen (ozone)
Cymbopogon schoenanthus (lemongrass) oil*

* Organic

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The Pain Genie Scenar

- Lower-Back Pain
- Headache
- Tennis Elbow
- RSI
- Stress
- Sports Injuries
- Facial Rejuvenation

Pinhole Massager Glasses

Accupressure Technology - Aids Blood Flow To The Eyes

- Sore & Tired Eyes
- Eye Problems And Eye Pressure
- Onset Vision Loss
- Migraines And Tension Headaches
- Sinus Pressure, Pain, And Congestion

Prescript-Assist® – 29 Super Strain Probiotic

- Maintain Healthy GI-Tract MicroFloral Ecologies
- Promote Normal Bowel Function
- Stabilize The Gut Mucosal Barrier
- Support Normal Absorption And Assimilation Of Nutrients In The Gut

INGREDIENT LIST

Serving Size: 1 Capsule
Servings Per Container: 60

Each 600mg capsule of Prescript-Assist® contains a proprietary blend of Leonardite.

And the following Class I (beneficial microorganisms): Anthrobacter agilis, Anthrobacter citreus, Anthrobacter globiformis, Anthrobacter luteus, Anthrobacter simplex, Acinetobacter calcoaceticus, Azotobacter chroococcum, Azotobacter paspali, Azospirillum brasiliense, Azospirillum lipoferum, Bacillus brevis, Bacillus marcerans, Bacillus pumilis, Bacillus polymyxa, Bacillus subtilis, Bacteroides lipolyticum, Bacteriodes succinogenes, Brevibacterium lipolyticum, Brevibacterium stationis, Kurtha zopfil, Myrothecium verrucaria, Pseudomonas calcis, Pseudomonas dentrificans, Pseudomonas flourescens, Pseudomonas glathei, Phanerochaete chrysosporium, Streptomyces fradiae, Streptomyces celluslosae, Streptomyces griseoflavus

Other Ingredients: cellulose (vegetarian capsule)

This product contains no milk, egg, fish, peanuts, shellfish, soy, tree nuts, wheat, yeast, gluten, corn, or preservatives.

Probiotic14™
Friendly Bacteria For Healthy Digestion

- Prevent Fungal Infection
- Resolve Diarrhea
- Prevent Herpes
- Prevent Parasites
- Avoid Food Allergies
- And Much More, As Part Of A Healthy Daily Diet

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 60

Ingredients	Amount per Serving	DV%
Probiotic Blend:	9,000,000,000 CFU	*
Lactobacillus acidophilus		
Bifidobacterium bifidum		
Lactobacillus plantarum		
Bacillus subtilus		
Bifidobacterium lactis		
Lactobacillus bulgaricus		
Streptococcus thermophilus		
Lactobacillus casei		
Lactobacillus salivarius		
Bifidobacterium breve		
Lactobacillus paracasei		
Lactobacillus rhamnosus		
Lactococcus lactis		
Lactobacillus brevis		
Fructooligosaccharides	200mg	*

*Daily Value not established

CFU-Colony Forming Units

Other Ingredients: Cellulose and Water (Vegetable Capsule)

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Prostate Plus+™

A Powerful Non-Drug Formula With Activating Enzymes For Maximum Absorption

- Overall Prostate Health
- Prostate Recovery
- Healthy Urination
- Healthy Prostate Cells

SUPPLEMENT FACTS

Serving Size: 4 Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
Vitamin A (from beta-Carotene)	1230 IU	25%
Vitamin E (a-alpha Tocophero)	100 IU	333%
Vitamin B2	4 mg	300%
Vitamin B6	48 mg	3800%
Vitamin D3	1200 IU	200%
Copper (from Copper Glycinate Chelate)	600 mcg	30%
Zinc (from L-OptiZinc 20%)	10 mg	125%
Selenium (from L-Selenomethinione)	140 mcg	200%
Pomegranate Powder Extract 40%	260 mg	*
Saw Palmetto Extract 45%	200 mg	*
Nettle Root Extract 2%	180 mg	*
Uva Ursi Extract 20%	108 mg	*
Graminex G63	108 mg	*
L-Glycine	90 mg	*
L-Alanine	90 mg	*
Lycored Beadlets 5%	60 mg	*
Panax Ginseng Extract 10:1	18 mg	*
Proprietary Blend	560 mg	*

Asparagus Extract 5:1, Blessed Thistle Powder, Damiana Extract 5:1, Fenugreek Seed Powder, Cayenne Powder 40,000HU, Marshmallow Root Powder

*Daily Value not established

Other Ingredients: Vegetable cellulose (Capsule), Rice Bran and Medium Chain Triglycerides

Protease™

For The Digestion Of Essential Proteins

- Healthy Digestion
- Healthy Circulatory System
- Energy And Balance
- Healthy Immune System
- Use As Part Of Your Daily Nutritional Regime

SUPPLEMENT FACTS

Serving Size: 3 Capsules
Servings Per Container: 60

Ingredients	Amount Per Serving	%Daily Value
Calcium (calcium citrate)	80 mg	8%
Protease	380,000 HUT	*

*Daily Value not established

Other Ingredients: Vegetable Capsules (HydroxypropylmethylCellulose and water) L-Leucine, Maltodextrin (enzyme carrier)
Contains no yeast,wheatgerm, milk/dairy, corn, sodium, sugar, starch, artificial colouring, preservatives or flavouring.

Quebra Pedra
Known As "The Stone Breaker"

- Gall Stones
- Kidney Stones
- May Help Prevent Further Formations As Part Of A Healthy Diet And Lifestyle

SUPPLEMENT FACTS

Serving Size: 3 capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
Quebra Pedra 5:1 extract phyllanthus niruri (equivalent to 7500mg whole herb)	1500 mg	*

*Daily Value not established

Other Ingredients: Vegetable Cellulose (capsule)

Suitable for Vegetarians and Vegans

ReVision Formula™

- Glaucoma
- Macular Degeneration
- Floaters
- Ocular Migraine (Visual Migraine)
- Pterygium & Uveitis
- Vitreous Detachment
- Use As Part Of A Professional Treatment Plan & Nutritional Regime

SUPPLEMENT FACTS

Serving Size: 15 drops
Servings Per Container: 60

Ingredients
Bupleurum falcatum(Bupleurum root)
Paeonia lactiflora (White peony root)
Paeonia suffruticosa (Tree peony root)
Angelica sinensis (Dong quai root)
Poria fungus (Hoelen)
Atractylodes macrocephala (Atractylodes)
Zingiber officinale (Ginger root)
Gardenia fructus (Gardenia)
Glycyrrhiza glabra (Licorice root)
Coleus forskohlli (Coleus)
Ginkgo biloba (Ginkgo)
Carduus marianus (Milk thistle)
Taraxacum officinale (Dandelion root)
Euphrasia officinalis (Eyebright)
Vaccinium myrtillus (Bilberry)

*Daily Value not established

Other Ingredients: 35% Alcohol

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ReFocus - A Powerful Brain Support, Suitable For Vegetarians

- Improve Natural Brain Power
- Enhance Memory
- Aid Stroke Recovery
- Improve ATP Production
- Reduce Abnormal Coagulation Of Blood
- Use As Part Of A Daily Health Regime

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 60

Ingredients	Amount Per Serving	%Daily Value
BioVInca® (Vinpocetine)	20 mg	*

*Daily Value not established

Other Ingredients: Rice Flour,Vegetable cellulose (capsule), Rice bran and medium chain triglycerides

Relaxwell® - Professional Strength Super Nutrient Formula

- Healthy Sleep Patterns
- Effective Relaxation
- Healthy Cortisol Levels
- Digestion
- Stress Relief
- Healthy Skin And Nerves

SUPPLEMENT FACTS

Serving size: 1 capsule
Servings per container: 90

Ingredients	Amount Per Serving	%Daily Value
L- TRYPTOPHAN	500mg	*
L- THEANINE	100mg	*
VITAMIN B3 (AS NICOTONIC ACID)	10mg	50%
VITAMIN B3 (AS NIACINAMIDE)	10mg	50%
VITAMIN B6 (PYRIDOXINE HCL)	10mg	500%

*Daily Value not established

Other Ingredients: Vegetable cellulose (capsule), rice bran and medium chain triglycerides

Releev™ - Fast Topical Relief From The Symptoms Of Cold Sores & Fever Blisters

- Over-The-Counter
- Non-Toxic, Natural Ingredients
- Soothing & Non-Irritating
- Fully Guaranteed!

SUPPLEMENT FACTS

Active Ingredient

Benzalkonium Chloride 0.13% (an organic chloride salt)

Other Ingredients: Viracea® (proprietary blend of Benzalkonium Chloride and Echinacea herb (organic), Methyl Cellulose,Methyl Paraben, Potassium Sorbate, Propyl Paraben, Purified Water.

ResSpray™
Supports A Healthy Respiratory System

- Asthma & Bronchial Discomfort
- Allergy-Related Respiratory Discomfort

SUPPLEMENT FACTS

Serving Size: 1ml (6 sprays)
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
Vitamin C (as ascorbic acid)	30.0 mg	50%
Niacin (as niacinamide)	5.0 mg	25%
Zinc (as zinc gluconate)	1.5 mg	10%
Proprietary Complax Blend	50mg	*
Lutein 5% with Zeaxanthin, MSM, L-Taurine, Alpha Lipoic Acid, and water extracts of Coleus Forskohlii, Tylophora Asthmatica Extract, Quercertin, Rutin, Ginkgo Biloba Extract and Bilberry Extract.		

*Daily Value not established
*** Percent Daily Values are based on a 2,000 calorie diet.**

Other Ingredients: Deionized Water, Glycerin, Aloe vera extract, Trace minerals, Stevia (leaf) extract, Grapefruit seed extract, and Potassium sorbate (to prevserve freshness).

RELEEV™
1 Day
Cold Sore Symptom Treatment
Relieves Symptoms In Just a Day!
¡Fiebre ampolla síntoma tratamiento en solamente un dia!
Soothing • Non-Irritating • Guaranteed!
Lift here for español, française & Deutsch
RELEEV™
Net Wt. 6 ml. (6cc), (0.20oz)
ResSpray™

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Rio Rosa Mosqueta Oil - Rose Hip Oil From Chile, For Scars And Wrinkles

- Minor Scars
- Crow's Feet
- Stretch Marks
- Wrinkles
- Thread Veins
- Broken Capillaries
- Burns

SUPPLEMENT FACTS

Pure Rosa Mosqueta (Rosa affinis rubiginosa) rosehip oil

Other Information: This pure, natural oil is extremely rich in essential fatty acids (EFA) which are known to be necessary as constituents of cell membranes, in the synthesis of the hormone-like prostaglandins, and in skin welfare.

Dairy Free, Egg Free, Gluten Free, Kosher, Vegan, Wheat Free, Yeast Free

Rosavin™
Powerful Fatigue And Stress Defence

- Stress
- Anxiety
- Panic
- Emotional Imbalance
- Lack Of Energy

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 60

Ingredients	Amount Per Serving	%Daily Value
Proprietary Blend (Standardized 3% Siberian Rhodiola Rosea) bioactive Rosavin,Rosin,Rosarin and Salidroside	100 mg	*

*Daily Value not established

Other Ingredients: Vegetable cellulose and rice powder.

Suitable for Vegetarians and Vegans

SAM-e Plus+ Natural Mood Balancer - Unique Blend Of Vitamins And Herbs

- Relief From Anxiety, Depression & Stress Related Disorders
- Relief From Chronic Fatigue Symptoms
- Healthy Homocysteine Levels
- Use As Part Of Your Daily Nutritional Regime

SUPPLEMENT FACTS

Serving Size: 2 Vegetarian DR capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	% DV
Vitamin B6 (pyridoxine HCL)	15mg	750%
Folic Acid	800mcg	200%
Vitamin B12 (methylcobalamin)	200mc	3333%
Magnesium (as magnesium aspartate)	15mg	4%
SAMe Tosylate (S-Adenosylmethionine Disulfate Tosylate)	200mg	*
Proprietary blend: Calcium aspartate, GABA (gamma aminobutyric acid), 5-htp, TMG (trimethyl glycine), milk thistle extract, chamomile flower extract.	235mg	*

*Daily Value not established

Other Ingredients: Rice flour, cellulose (capsule)

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Serrapeptase

Natural Chelation - Anti-Inflammatory

For example:

Serra Enzyme® Quad Strength/SerraPlus+™ Quad Strength

A Gift from Silkworms

Serrapeptase has had wide clinical use, spanning over forty years throughout Europe and Asia, as a viable alternative to aspirin(salicylates), Ibuprofen, and the more potent NSAIDs. Unlike these drugs, Serrapeptase is a naturally occurring protease enzyme agent with no inhibitory effects on prostaglandins and is devoid of gastrointestinal side effects.

Serrapeptase is a proteolytic enzyme (protease) isolated from the microorganism, Serratia E15. Studies reveal that Serrapeptase has a specific, anti-inflammatory effect, superior to that of other proteolytic enzymes. This immunologically active enzyme is completely bound to the alpha 2 macroglobulin in biological fluids. Histologic studies reveal powerful anti-inflammatory effects of this naturally occurring enzyme.

Serrapeptase digests non-living tissue, blood clots, cysts, arterial plaque, and inflammation in all forms.

The late German physician Dr. Hans Nieper used Serrapeptase to treat arterial blockage in his coronary patients. Serrapeptase protects against stroke and is reportedly more effective and quicker than EDTA Chelation treatments in removing arterial plaque. Dr. Nieper also reported that Serrapeptase dissolves blood clots and causes varicose veins to shrink or diminish. He told of a woman scheduled for hand amputation and a man scheduled for bypass surgery who both recovered quickly without surgery after treatment with Serrapeptase.

Dosage:

- Treatment of inflammation: 1-3 tablets, up to 3 times per day, on an empty stomach.
- Treatment for arterial blockage: 1-3 tablets twice daily.

Available as:

90 tablets/capsules, enteric coated - giving 80,000IU activity per tablet/capsule.

90 capsules, delayed release - giving 250,000IU activity per tablet/capsule.

90 tablets/capsules, enteric coated - giving 80,000IU activity, plus 350mg MSM, plus 50mg trace minerals.

See **page 360** for supplier details.

Uses:

- **Cardiovascular Disease**
- **Arthritis**
- **Lung problems**
- **Rheumatoid Arthritis**
- **Eye problems**
- **Runny nose and sinusitis problems**
- **Sports injuries**
- **Inflammation of any kind**

SerraEnzyme™ 250,000IU

Maximum Strength – 90 Delayed Release Capsules

- An Organic Proteolytic Enzyme
- Produces Anti-Inflammatory Mediators
- May Help To Support Many Normal Body Processes
- Naturally Processed
- Delayed Release For Optimum Systemic Delivery

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container 90

Ingredients	Amount Per Serving	% DV
Serrapeptase	250,000IU	*

*Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Hypromellose, Water, Gellan Gum (delayed release capsule) Free of Phthalates

SerraEnzyme™ 80,000IU

- An Organic Proteolytic Enzyme
- Producing Anti-Inflammatory Mediators
- May Help To Support Many Normal Body Processes
- Naturally Processed
- Delayed Release For Optimum Systemic Delivery

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings Per Container 90

Ingredients	Amount Per Serving	% DV
Serrapeptase (80,000 Units)	80,000IU	*

*Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Mannitol, Vegetarian magnesium stearate, and Nutrateric® enteric coating.

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 90

Ingredients	Amount Per Serving	% DV
Serrapeptase (80,000 Units)	80,000IU	*

*Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Hypromellose, Water, Gellan Gum (delayed release capsule) Free of Phthalates.

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Product Index A-Z Used in the Health Plans

Serranol™ - Major Nutritional Breakthrough New Improved Formula!

- New Improved Formula!
- May Support Healthy Circulation And Cholesterol Balance
- May Support Healthy Joint Function And Anti-Aging
- Four Key Ingredients, With Known Combined Benefits
- A Core 'Super-Supplement'

SUPPLEMENT FACTS

Serving Size: 1
Servings Per Container: 90

Ingredients	Amount Per Serving	%Daily Value
Curcumin X4000 (from Meriva® curcuma longa extract)	250mg	*
Ecklonia Cava Extract 25:1	50mg	*
Serrapeptase	80,000IU	*
Vitamin D3	1000IU	250%

*Daily Value not established

Other Ingredients: Microcrystaline Cellulose, Hypromellose, water, gellan gum (DR capsule)

If you have allergies to Soy please consult your healthcare professional before use. The carrier which makes Meriva® a more bioavailable product is lecithin from Soy (non GMO). There are no Soy proteins contained in this product.

Suitable for Vegetarians.

SerraPet™ For Dogs, Cats, And Horses

- An Organic Proteolytic Enzyme
- Producing Anti-Inflammatory Mediators
- May Help To Support Many Normal Body Processes
- Naturally Processed
- Delayed Release For Optimum Systemic Delivery

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings Per Container 90

Ingredients	Amount Per Serving	% DV
Serrapeptase	80,000 IU	*

*Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Mannitol, Vegetarian Magnesium Stearate and Nutrateric® enteric coating.

Product Index A-Z Used in the Health Plans

SerraPlus+™

- Natural Serrapeptase
- Trace Mineral Combination
- Pure MSM
- May Support Healthy Lungs, Joints, Tendons, & Connective Tissue

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings Per Container 60

Ingredients	Amount Per Serving	% DV
Serrapeptase (80,000 Units)	80,000IU	*
Trace Minerals	50 mg	*
MSM (Methylsulfonylmethane)	350 mg	*

*Daily Value not established

Other Ingredients: microcrystalline cellulose, mannitol, magnesium stearate, Nutrateric® enteric coating. The MSM in this product is Bergstrom Nutrition's OptiMSM®.

SUPPLEMENT FACTS

Serving Size 1 Tablet
Servings Per Container 60

Ingredients	Amount Per Serving	% DV
Serrapeptase (80,000 Units)	80,000IU	*
Trace Minerals	50 mg	*
MSM (Methylsulfonylmethane)	350 mg	*

*Daily Value not established

Other Ingredients: Microcrystalline Cellulose, Water and Gellan Gum (DR capsule). The MSM in this product is Bergstrom Nutrition's OptiMSM®.

Sleep Well™
Nature's Own Sleep Formula

- Insomnia
- Anxiety
- Jet-Lag & Melatonin Deficiency
- And Other Sleep Disorders
- Use As Part Of An Improved Nutritional Regime

SUPPLEMENT FACTS

Serving Size: 1 ml (approx 6 sprays)
Servings Per Container: 30 (approx 180 sprays)

Ingredients	Amount Per Serving	%Daily Value
Vitamin B3 (Niacin)	5mg	25%
Proprietary Blend	30mg	*
(5-HTP, Melatonin, Valerian Root, Passiflora,Hops, MSM)		

* Daily Value not established

Other Ingredients: purified water, glycerin, aloe vera, trace minerals, natural flavoring, potassium sorbate, grapefruit seed extract.

Suitable for Vegetarians and Vegans

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Product Index A-Z Used in the Health Plans

Nelsons Spatone - 100% Natural Iron Supplement

- Spatone's Iron-Rich Water, From Snowdonia, North Wales
- Packed In Convenient Daily Sachets
- Suitable From 2 Years Onwards
- Suitable For Vegetarians

SUPPLEMENT FACTS

Spatone is a naturally occurring iron-rich mineral water.

Taurine™ Spray

Formulated To Support Healthy Vision And Eye Care

- Reduction Of Oxidative Damage To The Eyes
- Delivery Of Nutrients To Retinal Cells
- Removal Of Waste Products From The Eyes
- Protection Against Diabetes-Related Damage

SUPPLEMENT FACTS

Serving Size: 5 sprays 1 ml
Servings Per Container: Approx 60

Ingredients	Amount Per Serving	Tablet Equivelent	%Daily Value
L-Taurine	50 mg	500mg	*

*Daily Value not established

Other Ingredients: Purified Watter. Glycerine, Potassium Sorbate, Cytric Acid

The Krill Miracle™

Concentrated Omega 3, 6, & 9 - Many Times More Powerful Than Fish Oil

Now In Vegetable Licaps®

- Powerful Reductions In Inflammation
- Healthy Cholesterol Lipid Levels
- Healthy Liver Function
- Healthy Immune System Support
- Improvement In Blood Sugar Levels
- Healthier Mood Levels

SUPPLEMENT FACTS

Serving Size: 2 Licaps® Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
Superba™ Krill Oil	1000mg	*
Phospholipids	450mg	*
Total Omega 3	250mg	*
EPA	120mg	*
DHA	70mg	*
Omega 6	15mg	*
Omega 9	80mg	*
Astaxanthin	110µg	*

*Daily Value not established

Other Ingredients: Licaps (Hypromellose)

Thera Tears

Natural Relief For Dry 'Gritty' Eyes

- Lubricates & Moisturizes
- Provides Long-Lasting Relief
- Contains All-Natural Ingredients
- Provides Preservative-Free, Natural Hydration

SUPPLEMENT FACTS

Serving Size: 0.65floz (19.2ml) Total
Servings Per Container: 32

Ingredients	Amount Per Serving	%Daily Value
Sodium carboxymethylcellulose	0.25%	*

* Daily Value not established

Other Ingredients: borate buffers, calcium chloride, magnesium chloride, potassium chloride, purified water, sodium bicarbonate, sodium chloride and sodium phosphate.

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Product Index A-Z Used in the Health Plans

UB8Q10 Ubiquinol

- 8 X More Energy
- 8 X More Absorption
- 8 X More Benefits!

SUPPLEMENT FACTS

Serving Size: 2 Softgel Capsules
Servings Per Container: 30

Ingredients	Amount Per Serving	%Daily Value
Ubiquinol CoQH*	100mg	*

*Daily Value not established
*Kaneka QH™ a trademark of Kaneka Nutrients L.P.

Other Ingredients: Capsule (geletin, glycerin and water), organic soybean oil, beeswax, soy lecithin and carob.

VisionTone Herbal Formula
A Tonic For Your Eyes!

- Cataract Prevention
- Light Sensitivity
- Visual Acuity
- Adrenal Function
- Dry Eyes

SUPPLEMENT FACTS

Serving Size: 5 Sprays (approx 1ml)
Servings Per Container: 150 sprays (approx 30ml)

Ingredients	DV%
Rehmannia Glutinosa (Rehmannia Root)	*
Cornus Officinalis (Cornus)	*
Dioscorea Villosa (Wild Yam)	*
Alismatis Rhizoma (Alisma)	*
Poria Fungus (Hoelen)	*
Moutan Radicis Cortex (Moutan)	*
Peonia Latiflora (White Peony Root)	*
Lycii Fructus (Lycium Berry)	*
Chrysanthemum Morifolium (Chrysanthemum Flower)	*
Panax Quinquefolium (American Ginseng)	*
Vaccium Myrtillus (Bilberry)	*
Ginkgo Biloba (Ginkgo)	*
Glycyrrhiza Glabra (Licorice Root)	*
Polygonum Multiflorum (Hu Shou Wu)	*

* Daily Value not established

Other Ingredients: 0.35% Alcohol

Suitable for Vegetarians and Vegans

Vitamin D3 (5000IU)

Daily Dose Of Vitamin D With Coral Calcium

- Healthy Immune System Response
- Healthy Hormonal Balance
- Better Calcium Absorption
- Better Phosphorus Absorption In The Blood And Bones
- Normal Cell Differentiation And Proliferation Regulation
- Insulin Sensitivity And Blood Sugar Regulation
- Regulating Over 200 Genes In The Body
- Overall Body Health When Sunlight Is Scarce

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 100

Ingredients	Amount Per Serving	%Daily Value
Vitamin D3 (Natural Cholecalciferol)	5,000 IU	250%
Calcium (Natural Calcium Carbonate)	100 mg	10%

* Daily Value not established

Ingredients: Vitamin D3 from a Natural source, Calcium Carbonate, and 73 Trace Minerals
Capsule: Vegetable Cellulose and Purified Water.

Vitamin D3-K2 Sublingual Spray™

- Healthy Immune System Response
- Healthy Hormonal Balance
- Better Calcium Absorption
- Better Phosphorus Absorption In The Blood And Bones
- The World's Only Vegan & Vegetarian Society Registered Vitamin D3

SUPPLEMENT FACTS

Serving Size: 5 Sprays (approx 1ml)
Servings Per Container: 150 sprays (approx 30ml)

Ingredients	Amount Per Serving	%Daily Value
Vitamin D-3	1000 IU	250%
Vitamin K-2 MK7	100 mcg	125%

Ingredients: Diglycerdies of fatty acids (coconut source), Vitamin K2, Vitamin D rich lichen extract, natural Vitamin E from Soy.

If you have to use Soy, please contact your healthcare professional before use.

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Proteolytic Enzymes May Accelerate Healing

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Food Studies (a few of the many!)

Bread and cereals may pose as much of a threat to children's eyesight as reading books or staring at computer screens for too long, research suggests.

Scientists suspect the problem lies with the fact that diets high in refined starches increase insulin levels. This affects the development of the eyeball, making it abnormally long and causing short-sightedness, they suggest.

Dr. Loren Cordain, from Colorado State University in Fort Collins, the US, and Professor Jennie Brand Miller, from the University of Sydney, Australia.

Bread Linked to Acne.

Processed breads and cereals could be a significant factor behind teenage acne, according to US scientists.

A team of researchers, led by Professor Loren Cordain from Colorado State University in Fort Collins, believe that because highly refined breads and cereals are easily digested, the resulting sugar rush created in the body results in high levels of insulin and insulin-like growth factor (IGF-1).

Research and References

High fat, no-starch diet doesn't raise cholesterol.

Patients with atherosclerosis lose weight on a high fat, no-starch diet followed for 6 weeks, without increasing their blood fat (lipid) levels.

Those results come from a study involving 23 obese patients with documented atherosclerotic heart disease. All of the patients were being treated with cholesterol-lowering 'statin' drugs, but no changes were made to their drugs or the dosing during the study.

The participants were instructed to consume half of their calories as saturated fat for 6 weeks. Other food sources were permitted with the exception of starches, according to a report in the Mayo Clinic Proceedings medical journal. The people on the test diet dropped a significant 5.2 percent of their total body weight and reduced their body fat percentage by a similar amount, note Dr. James H. Hays and colleagues, from Christiana Care Health Services in Newark, Delaware.

Study links starchy foods to birth defect risk.

Women who eat lots of foods that tend to make blood sugar soar may be more likely to have a baby with birth defects of the brain or spine, a new study suggests.

These foods, known as high glycemic index foods, include white bread and other high starchy grains, potatoes and soft drinks. Researchers say the finding, seen predominantly among obese women in the study, adds to evidence that a problem in blood-sugar control might be involved in neural tube defects.

But they also caution that the research is only one step in understanding how the birth defects arise, and it's unclear whether the foods, per se, are the culprit. "These are new results that need to be repeated and pushed further," study leader Dr. Gary M. Shaw, of the California Birth Defects Monitoring Program in Berkeley.

Oils Offer Hope for Troubled Children.

Dr. Alexandra Richardson, a senior research fellow in neurosciences at Imperial College School of Medicine, London, has spent the last 15 years researching common developmental conditions such as dyslexia and ADHD.

Dr. Richardson says, "The first trial involving dyslexic children showed that supplementation with fish oil and evening primrose oil can reduce behavioural and learning problems in those with ADHD tendencies."

"Particular improvements were found in attention, concentration and working memory, but disruptive behaviour and hyperactivity in these children also responded to EFA (essential fatty acids) treatment and marked reductions were seen in anxiety and withdrawal."

Fibre Lowers Prostate Cancer Risk.

MILAN, Italy - New research published in the March 20 edition of the International Journal of Cancer (109, 2:278-280, 2004) shows vegetable fibre may lower the incidence of prostate cancer. Researchers noted this is the first study to look into fibre's role in prostate cancer.

In an 11-year multi-center case-control study, researchers investigated 1,294 men with incident, histologically confirmed prostate cancer and 1,451 controls with acute non-malignant conditions. They found the risk for prostate cancer was inversely related with soluble fibre, cellulose and vegetable fibre, with vegetable fibre seen as the most protective. Men who consumed the highest amount of vegetables were 18-percent less likely to develop prostate cancer than those who ate the least amount of vegetables. These relationships were consistent across all ages, family histories of prostate cancer, body mass indexes and education.

Researchers reported that because vegetables were seen to provide the most benefits of all the fibres investigated, it may be possible that some of their other nutrients could be the reason behind their prostate benefits.

Study Links High Carbohydrate Intake with Breast Cancer.

CUERNAVACA, Mexico - High carbohydrate diets were positively linked to increased incidence of breast cancer. The study conducted by the Instito Nacional de Salud Publica was a population-based case-controlled study involving 475 women aged 20 to 75 years with breast cancer (identified through six Mexico City hospitals) and a comparison group of 1,391 healthy women from the Mexico City population.

Study published in the August issue of Cancer Epidemiology Biomarkers & Prevention (13, 8:1283-89, 2004) (www.cebp.aacrjournals.org).

Greek Diet Eases Rheumatoid Arthritis.

The so-called 'Mediterranean diet,' already believed to help prevent heart disease and some forms of cancer, may also reduce the pain and swelling of joints stricken with rheumatoid arthritis - although relief may not begin for at least six weeks, suggests a new study. Still, significant improvement was reported by most of the 26 arthritic patients who followed the well-studied dietary regimen for three months. The Mediterranean diet includes olive and canola oils as the primary dietary sources of fat - along with plenty of fish, poultry, produce, and legumes, say Swedish researchers. By comparison, no relief was reported by another group of 25 patients who followed a typical Western diet.

Published in the March issue of Annals of Rheumatic Diseases.

If you have questions regarding the specifications of the enzymes and nutrients mentioned in this book, or where to obtain them, just e-mail or telephone the Help Line - addresses as below.

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Support

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You may have questions on the conditions mentioned here or other conditions. If you have Internet access, please go to the Serrapeptase website first, and look at the Frequently Asked Questions (FAQs). If you cannot find the answer there, then either e-mail or telephone the Help Line - addresses as below.

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Email: Robert@serrapeptase.info

UK Help Line phone: 0 208-133-0915

USA Help Line phone: 1 714-881-3109

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ABOUT THIS BOOK

Robert Redfern – Your Personal Health Coach

www.Serrapeptase.info

Robert Redfern is a passionate health coach. He strives to offer you the best information and tools so that you can become a natural health expert to support you and your family's health. This book combines all of Robert's work and research on Serrapeptase into dozens of new Health Recovery Plans that can be used for naturally improved health.

For more information, consult **MyGoodHealthClub.com** for dedicated Good Health Coaching from Robert Redfern.

Visit Serrapeptase.info today to find out more about the many health conditions in this book, including:

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"I took two courses of Serrapeptase two years ago. Recently, I visited the heart specialist for my three-yearly (cycle machine) test. He was astounded at the improvement. My heart pressure was 111/68 (down from over 130). I am 30% fitter than three years ago and 20% fitter than men of my age (70 years)."

- John M.

"I came across your site sometime last year and took your recommendations for my mom who has diabetes and was complaining of a constant throbbing in her left arm above her elbow. I got the Serrapeptase, and she used it and after a couple of weeks she found much relief."

- Florence S.

"Your recommendations have helped me greatly. I am taking the SerraPlus+ on a regular basis, along with the Curcumin. I am already beginning to see an improvement to my overall health, and after four unsuccessful attempts, I can now report that me and my wife are expecting a baby!"

- Jon B.

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